

HOW CONFIDENT ARE YOU ?

Say how confident you are (not, OK, very) by ticking a box in these questions >>

	Not	OK	Very
You need to take something back to a shop that you don't want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are asked to go to a party but you don't know anyone. How confident are you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You have to go somewhere on the train	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You have to go to the dentist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You want to find out about something by making phone calls to some different places	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are in a small group of people you know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are in a large group and have been asked to speak out loud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are with people older than you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are in a church	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are at the cinema queuing up to see a film	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You are in a park and see some new people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Not	OK	Very
You see someone you fancy and want to go and chat them up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SO WHAT IS CONFIDENCE ?
HOW DO I GET MORE CONFIDENT ?**