



Flirt Guru Confidence Quiz

Confidence is a game of two halves, take the confidence test and see if yours balance.

1. **When entering somewhere unfamiliar do you?**
 - a) March in and straight off to the loo/corner.
 - b) Enter with nervous anticipation
 - c) Calmly pause to survey where your planning to head to
2. **Once in, do you?**
 - a) Hover expectantly.
 - b) Find somewhere quite to sit
 - c) Look for someone to approach.
3. **If you were to liken your confidence to a personality, who would it be?**
 - a) Emily Bishop/ Roy from Coronation street.
 - b) Madonna/ Colin Farrell
 - c) Lorraine Kelly/ Dale Winton
4. **Someone compliments you on your outfit do you**
 - a) Thank them
 - b) Dismiss it "this old rag I've had it for years"
 - c) Blush with embarrassment
5. **You get into a confrontation with a colleague, do you**
 - a) Keep your cool and make your point.
 - b) Keep your trap shut, but beat yourself up for not saying something.
 - c) Go to pieces and completely lose it.
6. **A friend who observed the confrontation comments**
 - a) "take a chill pill"
 - b) "That was uber cool"
 - c) " wasn't their a point you wanted to make?"

SCORE

1	A 2	B 1	C 3
2	A 2	B 1	C 3
3	A 1	B 3	C 2
4	A 3	B 2	C 3
5	A 3	B 2	C 1
6	A 1	B 3	C 2

**Now you're done, Add up all your scores=
If your combined scored is...**

- 14-18** You have good levels of inner and outer confidence, you can cope with most situations that life throws at you, and if you can't you do a good job of looking like you can.
- 10-13** Are your inner and outer levels equal?
If so work a little on both, each will bring the other one as it rises.
If not work on your perceived confidence, as people start to react to your confident exterior your perceived confidence will get a boost and start to grow itself.
- 6-9** Have you filled this in when you were feeling off form? Try it again when you're feeling more optimistic. If your scores not improved, you owe it to yourself to start thinking confident. You'll really benefit from faking your outer confidence until your inner confidence catches up.

To work out the split between your inner and outer confidence

Inner confidence is the sum of 5 + 3 + 1 =

Outer confidence is the sum of 2 + 4 + 6 =

Are they balanced? If you want to know more about confidence and how fake it till you make it and tips for boosting it, read chapters 60 – 63 in 'Single to Settled' (find out more at www.flirtguru.com)