**HANDOUT: HOW ARE YOU WITH SELF-CONFIDENCE?**

**SHORT SELF-ESTEEM QUESTIONNAIRE:**

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| **Try to ask to the following questions.****FIRST PART:**1. How would you rate, from 0 to 10 (O=very bad; 10=very well), How does life treat you

in general?: **1 - 2 – 3 – 4 - 5 - 6 - 7 - 8 - 9 - 10** |
| **SECOND PART:**Now, thinking how you feel, put from 1 to 5 how agree or disagree you are respect to the following sentences: *1=strongly disagree // 5= strongly agree*1.- I cannot stand some groups of people.2.- My parents or carers often reprimand me without any reason.3.- I get frequently angry.4.- I’m not sure to share my values or my way of looking at things with my parents/carers.5.- I feel mostly satisfied with myself.6.- I like the people I know.7.- I think I have quite good qualities.8.- I practice frequently my favourite hobbiesFINAL SCORE: |
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| **To calculate the final score:** add up the rating of the first four items and rest the last four items. Interpret the rating bearing in mind that the maximum should be 20. |

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*Adapted from the Self-confidence Assessment Questionnaire for secondary school students (Gómez A., 1998)*