

Confidence

Having a belief in one's own competence and the ability to express one's own perspective to others. It includes being able to function in uncertain situations, being appropriately assertive and taking reasonable chances.

VERBAL

From USUALLY to ALMOST ALWAYS up to ALWAYS

- Speaks clearly
- Comfortable expressing personal opinions
- Asks for help when necessary
- Speaks to strangers without anxiety
- Speaks to groups with ease
- Can speak about strengths and weaknesses

From RARELY to SOMETIMES up to USUALLY

- Expresses neutral opinions only
- Speaks to strangers with obvious effort
- Speaks before groups with difficulty
- May be unable to acknowledge weaknesses

From NEVER to RARELY

- May stutter or whisper
- Will not express opinions
- Avoids talking to strangers
- Will not speak before a group
- May speak badly about themselves or focus only flaws

PHYSICAL

From USUALLY to ALMOST ALWAYS up to ALWAYS

- Functions when circumstances are uncertain
- Responds well to doubt
- Tries new things regardless of ability
- Participates in games, not concerned about looking silly with peers
- Enjoys meeting strangers
- Suitably brave (not rash)
- Treats themselves with respect in relationships, etc.

From RARELY to SOMETIMES up to USUALLY

- Performance degrades as uncertainty increases
- Bothered by doubt but attempts to overcome it
- Tries new things with encouragement from supervisor/peers
- Avoids doing anything that might make them look silly with peers
- Prefers to not meet strangers, but will do so if necessary
- Nervous

From NEVER to RARELY

- Cannot function if circumstances are uncertain
- Paralyzed by doubt
- Refuses to do anything that might make them look silly, or less capable than peers
- Avoids meeting strangers to the point of missing enjoyable events or necessary meetings
- Excessively fearful
- Exhibits behaviour that is disrespectful to self (sexual, hurtful, etc.).
- Avoids eye contact