

# Assessment Questionnaire: Self-assured or Self-absorbed?



We all know that there is a fine line between being confident and being egotistical. Sometimes it is difficult to know where this line is, especially with ourselves. Do you know if you come across as self assured or arrogant? Many of us think that we are appearing confident and instead we are appearing conceited to others. These questions will help you to find out how others see you. Get an idea of whether it looks like confidence or whether it looks like too much ego.

Do you come across as self-assured or self absorbed?

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False  
2 = Mostly False  
3 = Neither True or False

4 = Mostly True  
5 = Completely True

1 2 3 4 5

1. I am sure of myself approximately 95% or more of the time.
2. If I had to be perfectly honest, I would say that I am brighter than most of the people I come in contact with.
3. I feel very threatened or irritated when people challenge one of my thoughts or ideas, usually because I am sure my idea is the best one.
4. It would be a very rare occasion for me to express any uncertainty or lack of complete assurance in myself.
5. I sometimes have a hard time working in teams when the other team members are not quite at my level.
6. I am sure that others at work feel that I am amongst the most gifted or talented of everyone in the office.
7. I strongly believe that you should 'never let them see you sweat' and always act completely confident.
8. Incompetence drives me mad and I sometimes get into disagreements with people when I feel like they are acting incompetently.
9. I have recently said something and noticed that people's expressions looked somewhat offended or annoyed.
10. It sometimes amazes me how easily I am able to speak up and vocalize my viewpoints.
11. I have been told that I sometimes come across as pushy or as too talkative.
12. I frequently wonder if I am coming across as arrogant because I do not have a problem telling people about my accomplishments.
13. I often have thoughts like, 'it's hard to find someone to date or people to befriend who are on the same level as me.'
14. I think it is good to share everything that you have to say. If it seems like you are overpowering others, it's okay as long as what you are saying is something important.
15. I know that I am an extremely self-assured person, probably more so than most other people.
16. Someone close to me has told me that it may be a good idea to tone myself down a little.
17. When I think about my abilities, I feel extremely confident.
18. It is typical for me to spend a good deal of time on my appearance and to dress provocatively or in high-fashion or designer clothes.
19. I notice that I sometimes don't think before speaking and I just say whatever comes to my mind.
20. Approximately 70% of most of my conversations involves talking about me and about 30% of the time is spent talking about the other person in the conversation.
21. I am significantly more confident than the average person in my appearance, intellect, or abilities.
22. I often quickly dismiss things that other people say.
23. I guess you could say that I enjoy hearing myself speak.
24. In a social situation, I enjoy myself most when I am the center of attention.
25. I sometimes get impatient with others when they talk about themselves a lot or say things that seem obvious.
26. I sometimes get into arguments with people because they think I am talking about myself too much and I think they are talking about themselves too much.
27. I spend a lot of time making sure that I look as great as possible.
28. I have no problem with people staring at me or with drawing a lot of attention to myself.
29. I sometimes wonder if my confidence borders on arrogance and think, 'why do I seem more assured with myself than other people do?'
30. If I disagree with someone, I would not hold back from telling them.

31. Name

32. Email

33: Tel No,

**Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days**