

# self-confidence

**Learning Objective:** Each student will learn how to develop self-confidence and a healthy body image.

**Quiz Reflection:**

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**Video Reflection:**

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**Podcast Reflection:**

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**Goals:**

**1.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**2.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

**3.**  
What? \_\_\_\_\_  
Why? \_\_\_\_\_  
How? \_\_\_\_\_

Make sure your goals are:

- 1. Obvious
- 2. Attractive
- 3. Easy
- 4. Satisfying

**Final Thoughts:**

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See your instructor for the opt-in code.

# self-confidence quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

**1. I think that overall, people find me boring to talk to.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**2. People will only respect me if I'm good-looking and/or successful.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**3. If I don't do as well as others, it means that I am an inferior person.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**4. When someone criticizes me, I can't help but take it personally.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**5. In my mind, the definition of a healthy weight is a specific number, which happens to correspond with fitting into a certain size.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**6. In my mind, a "perfect" body is one that is free of excess weight, cellulite, stretch marks, wrinkles, and scars.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**7. I avoid having arguments with others because I don't want them to get angry or dislike me.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**8. Most of the time, I stop eating when I am very full, or sick and overwhelmed with guilt about what I ate.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**9. Most of the time, I eat when I'm bored, depressed, lonely, stressed, and/or worried.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**10. When I realize I no longer fit into my jeans I immediately start a strict diet and exercise program.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**11. It's important to me to be liked by everyone I meet.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**12. Being myself guarantees that people will dislike me.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**13. I modify my personality, opinions, or appearance in order to be accepted by others.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

**14. I am not confident I've done a good job unless someone else points it out.**

- Disagree       Somewhat Disagree  
 Mostly Agree       Agree

Want to learn more about confidence, body image, and other mental health topics?

Visit: [schoolpulse.org/resources](https://schoolpulse.org/resources)



## quiz results

Use your quiz answers to add up your points

**Disagree = 1 point**

**Somewhat Disagree = 2 points**

**Mostly Agree = 3 points**

**Agree = 4 points**

Total Points: \_\_\_\_\_

<b>14-27</b> - strong indication that you are confident and/or have a healthy body image	<b>28-41</b> - moderate indication that you are confident and/or have a healthy body image	<b>42-48</b> - good indication that your body image and/or confidence can improve	<b>49-56</b> - strong indication that your body image and/or confidence can improve
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*These results are not a diagnosis. If you have questions or want to talk, text us at SchoolPulse.*

## confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services or court of law.

I \_\_\_\_\_, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date