

# SELF-CARE QUIZ

## Context summary:

It is good to be aware of the present state of your self-confidence and self-caring attitude to know if you should pay more attention to how you regard yourself and find ways to boost your confidence within healthy limits. The quiz is only intended to be informative, not a complete psychological assessment. If you would like to find out more about your personality and mental state and feel that you might require a more in-depth analysis, please seek out a specialist.

## Instructions:

Be honest to yourself and choose the answer that best reflects your usual attitude. You will find the assessment of the answers on the third page.

1

When someone compliments me for a job well-done, I tend to:

- a) Say thanks sincerely and give myself a pat on the back
- b) Blush and look away / Accept the feedback but feel embarrassed
- c) Brush the comment aside and feel undeserving of it

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When I make a mistake I:

- a) Forgive myself unconditionally
- b) Pretend I didn't do it because I have to look good in front of others
- c) Criticize myself harshly because I feel ashamed



### 3 After completing a major project, I would frequently:

- a) Take the opportunity to celebrate and give myself a treat
- b) Want to retrieve it back even though others say it's good. I'm a perfectionist
- c) Fret about parts that went wrong for days

### 4 When I am getting ill or feel pain, I usually:

- a) Tend to the cause, seek medical help immediately, make sure I get enough rest and stop with any bad habits that could have caused the symptoms
- b) Try to relieve the symptoms with food, tea, natural remedies, sleeping, but I continue on as usual until it stops or gets worse
- c) Ignore it, self-medicate (for example with over-the-counter drugs) until it gets bad enough that I cannot go on and need to seek medical help

### 5 On my to-do list, I rank self-care activities as:

- a) Most important
- b) Somewhat important
- c) Least important, or they might not make it on the list even.



## Self-care Quiz Assessment

If the majority of your answers were **a)** that means you are already on the self-loving path, which is great! Congrats and keep it up!

If you tended to choose option **b)**, you are getting there, but in some aspects of your life you are not giving yourself enough attention, or you lack some self-confidence. Pinpoint these and try to be kinder to yourself.

If you chose mostly **c)** as your answer that shows a lack of self-confidence and neglect towards yourself and your abilities. Others seem to care about you and have more faith in you than yourself. Don't be your own biggest critic, you deserve better! Start today and observe your inner voice: are you talking to yourself as you would to a friend or as you would to an enemy? Be your own best friend and start consciously working on changing your attitude. There are many exercises you can try, like morning affirmations, telling yourself nice things, treating yourself for small victories, etc. If you feel you need help, ask your friends, family or a coach to help boost your confidence.

