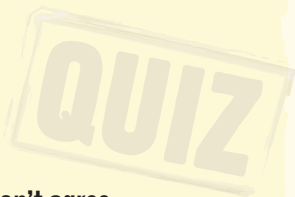


Do I worry TOO MUCH about what other people think?



1. If other people think something is funny, I laugh even if I don't agree.

T or F

2. If everyone has seen a movie that I haven't seen, I'll say I saw it.

T or F

3. I hardly ever tell people how I really feel.

T or F

4. I try really hard not to make a fool of myself.

T or F

5. I wish I could read people's minds.

T or F

6. I've dropped out of an activity because none of my friends were into it.

T or F

7. I stress if I think people are talking about me.

T or F

8. If someone makes fun of what I'm wearing, I won't wear it again.

T or F

9. If my friends hate a TV show that I like, I'll pretend I hate it.

T or F

10. I'm never the first person to give my opinion.

T or F

Answers:

7-10 Trues: You worry what other people think and it brings you down. With a boost in self-confidence and support from friends, you will trust yourself more and enjoy being you.

3-6 Trues: Sometimes it's hard for you to stand up for yourself, but when you do, it feels good. You're getting better all the time at being your own person.

0-2 Trues: You hardly ever worry what others think because you're self-confident and have lots of self-respect. You may not know it, but people respect you for who you are.