



1 Your crush walks by you in the hallway and says hello. You:

- A. Say hello back; it's no biggie.
- B. Immediately whip out your cell phone and call your closest five friends and ask for opinions.
- C. Confused by his affections, try to wave in response but instead turn away. You spend the rest of the day wondering what he meant by "hello."
- D. Apologize for being in his way and shut yourself inside your locker as punishment for blocking his path.

2 You need to get a nice, new outfit for the school dance. To begin shopping, you:

- A. Assemble a team of close friends who can help you scour the stores for the perfect dress, and make them judge each one you try on.
- B. Pick two and have a friend choose.
- C. Decide that buying something new is far too scary and wear a dress you already own — it's safer.
- D. Run to the store the day of the dance and grab the first dress you see that's a good color.

3 When taking the biggest test of the year, the one you spent all week studying for, you get stuck on a question. Your first instinct is "B," but "C" looks pretty good too, so you:

- A. Go with your gut instinct because that's what all the testing books tell you to do.
- B. Go with your gut instinct because you feel it's right.
- C. Ask your teacher to better explain the question and hope for hints.
- D. Write a note to your teacher in the margin that you just got too confused to answer the question and ask if you can take a retest.

4 Your best friend is considering telling her crush that she likes him — but her decision hangs on your advice. She asks you what she should do and you say:

- A. "Do it! If he's not interested, we'll go get ice cream or something."
- B. "Maybe you should ask some of our other friends, too ..."
- C. "I asked my mom and she said no, it's too risky."
- D. "Oh, I have no idea. What do you want to do?"

5 All of your friends are buying the same jacket and think it would be cute for you all to have them. Only thing is, you hate the jacket — it's ugly. You:

- A. Buy it, wear it and like it (and that's just how it's gonna be).
- B. Spend a few days thinking about the jacket, and finally convince your mom to take the fall by saying it's too expensive.
- C. Buy it, think about it, then return it two days later.
- D. Buy something like it and hope your friends are appeased.

6 You're trying to save for your very own gold name necklace. You decide to:

- A. Ask your mom to put aside some of your allowance each week so you don't screw it up.
- B. Buy a bead choker at the mall for \$6 you know you'll never save enough for 24 karat.
- C. Establish an envelope on your desk to stash a few dollars a week in.
- D. Promise yourself you'll cut down on your spending in time to buy it.

7 Your neighbor offers you a ton of money to pet sit. You:

- A. Jump at the chance — what a great opportunity!
- B. Ask your mom and dad if you can.
- C. Tell your neighbor you are too busy with school (it might get in the way).
- D. Take the job and make sure you feed the pets twice as often, just in case you're doing it wrong.

8 You're thinking of trying out for the school play, but your parents are worried about how much reading you have to do for English. You:

- A. Try out for the play anyway — you know you'll ace the class AND be a star.
- B. Figure your parents are right and don't try out.
- C. Try out, but then hire yourself an English tutor, just in case.
- D. Drop English (maybe you should just take it next semester) and try out instead for the math team (it'll take less time).

do you trust yourself?



1 A=3 B=1 C=2 D=0 2 A=1 B=2 C=0 D=3 3 A=2 B=3 C=1 D=0 4 A=3 B=2 C=1 D=0
5 A=0 B=1 C=3 D=2 6 A=1 B=0 C=3 D=2 7 A=3 B=2 C=0 D=1 8 A=3 B=1 C=2 D=0

0-10:

Yipes! You need a serious dose of self-esteem. Your tendency is not to trust yourself. Sure, trusting yourself is hard, but it's a necessary part of life. It's great that you respect your friends and family so much, but try the next time you have a problem not to turn to them first for advice. Go with your instinct, and you can't go wrong.

11-20:

You may make your mind up firmly on some issues, but you tend to look to people you trust for help to decide things. That's not always bad; it's good to have a support system, but you've got to trust yourself, too.

21-24:

You're a confidence machine! You know exactly what you feel right and wrong about and you're not afraid to share it. Good for you — people will respect you for that and be drawn to your strength.