



Self Confidence Scale (GBC-10)

(Altawil, 2020)

The caring scale is used to examine the level of self-confidence mainly for youth and adults.

It is made up of 10 phrases, each phrase has four choices as described below:

- (3) It happens often and always to me (>%80),
- (2) It happens sometimes (between %50 - %80),
- (1) It happens a little bit (<%50),
- (0) It does not happen at all.

In the last four weeks to this point, how much do you commit to the following characteristics:

No.	Statement	Level			
1	I feel that I am a person of worth just like with others.	3	2	1	0
2	I feel that I have several good qualities.	3	2	1	0
3	I can solve problems when I encountered them.	3	2	1	0
4	I am able to do successful things as well as other people.	3	2	1	0
5	I feel that I have many achievements to be proud of .	3	2	1	0
6	I feel confident in my skills and abilities.	3	2	1	0
7	I understand myself as well as others when I deal with them.	3	2	1	0
8	I can express myself in front of other people.	3	2	1	0
9	I certainly feel useful and productive.	3	2	1	0
10	I feel satisfied with the way my body looks right now.	3	2	1	0
Total score: (/ 30)					

Scoring levels:

Poor Confidence
Scores from 1-10



Imbalanced Confidence
Scores from 11-19



Good Confidence
Scores from 21-25



Great Confidence
Scores from 26-30

