

Introvert Charisma Assessment Key



Discover exactly where you stand in three key areas of charisma (confidence, self-love, connection).

Add up your scores for each individual section of your [Introvert Charisma Assessment](#), and then read on to find out what your scores mean.

Confidence

Add up your answers to the three questions in the Confidence portion of the assessment, then discover what your score means below.

Score of 0-9

Your self-esteem is shaky. Don't worry, this is a common side effect of being an introvert in an extrovert biased culture. You are likely prone to self-critical inner dialogue. You might worry that you are not good enough and never will be.

Having lower scores in the confidence section can also mean that you do not feel comfortable expressing your true personality. Perhaps, you feel that there is something innately wrong with you (a common believe of introverts). Deep down you believe that in order to be worthy of love and happiness, you must hide your true personality.

You might also feel a major disconnect between your true self and the way others perceive you. You likely feel constantly misunderstood and unfairly judged. Despite your awareness of these misperceptions, you don't have the energy and/or skills to change these perceptions.

Be on the lookout for the free confidence building resources I'll be sending straight to your inbox in the coming weeks and months.

Score of 10-18

Your confidence is moderate, but likely inconsistent. Perhaps, you feel self-assured much of the time, but your confidence is easily shaken by circumstances.

You might notice your confidence wavering in certain social situations, or overwhelming environments. In such situations, you struggle to stay true to yourself, and not give into feelings of inadequacy.

Though you are somewhat happy with the way others view you, you often feel misunderstood. You might feel confident around some people; however, certain people trigger your insecurities and make you doubt yourself.

Focus on building a confident mindset that stays strong no matter the situation. Be on the lookout for the introvert confidence building resources, which I'll send straight to your inbox in the coming weeks and months.

Score of 19-30

Your confidence is pretty solid (woohoo!). You've likely done a lot of inner and outer work to uncover your true personality, develop self-esteem, and cultivate the gumption to share your authentic self with others.

That said, you might still be susceptible to shaky self-esteem during times of perceived failure, rejection, or loss. During these 'self-esteem setbacks', you might doubt yourself and your worth; however, you are usually able to bounce back as long as you reconnect with your intuition and take steps to rebuild your confidence.

Self-Love

Add up your answers to the three questions in the Self-love portion of the assessment, and read on to discover what your score means.

Score of 0-9

Your self-love levels are low. Unfortunately, many introverts struggle to truly love and accept themselves. Again, this is a common side-effect of being an introvert in a culture that elevates extroversion as the ideal.

You likely struggle with self-hating thoughts. You constantly doubt yourself and your self-worth. You probably base your worthiness of love on your ability to achieve and please, rather than your innate value as a human being.

It is also very likely that you are not prioritizing your self-care. Just as you feel that you must earn love from others, you believe that you must earn self-love: "I can't be kind and nurturing to myself today, I haven't earned it!"

Even when you do start to develop self-love, criticism (perceived or real) from others quickly shoots you down. Since you are so hard on yourself, the

slightest bit of negative feedback from others sets your mind spinning with self-hating thoughts.

Focus on mastering your thoughts and creating a more self-loving mental landscape. I show you how to do this in the self-love emails that will land in your inbox in the next few weeks.

Score of 10-18

You have a shaky sense of self-love. You likely have a tendency toward conditional self-love. This means that you love yourself when you believe that you are good and successful. But you quickly turn on yourself when you make a mistake, or experience setbacks.

You probably have some self-care practices in place, such as healthy eating, exercise, time in solitude, and adequate sleep. However, self-care likely loses priority when you are busy, or overwhelmed. You might also subconsciously punish your mistakes by depriving yourself of self-loving activities: “I was bad with my money, so I don’t deserve to go for a nice long walk and enjoy my day off.”

You can usually handle a little constructive criticism, but sometimes it gets to you. During times of stress and overwhelm, criticism can set off self-hating thoughts.

Score of 19-30

You have a strong sense of self-love. This is good news since self-love serves as the foundation for confidence, connection, and charisma.

Though you are mostly a self-loving innie, you might be too hard on yourself in certain circumstances. For example, pressure from extroverts to “stop being so quiet”, “loosen up”, or “live a little” might lead to self-doubt.

Connection

Add up your answers to the three questions in the Connection portion of the assessment, and read on to discover what your score means.

Score of 0-9

You are not experiencing the kind of meaningful connections that you need. This is nothing to be ashamed of. Many introverts struggle to find a balance between our need to be alone, and our desire to deeply connect with the right people.

You might have trouble maintaining current friendships. This is likely because of low energy levels and/or overwhelm. You might also feel dissatisfied with the quality of your current connections. Perhaps, your current friends do not really “get” you. Their lack of understanding impedes your motivation to connect.

There may also be a lack of true intimacy in your relationships (platonic and otherwise). You likely find it difficult to open up to people. Though you crave deep connection, you rarely find the right people with whom to develop an emotionally intimate relationship.

Be sure to read my ebook [Alone But Not Lonely](#), to learn how to connect deeply with the right people. Also, be on the lookout for introvert connection emails and videos, which I will send straight to your inbox in the coming weeks and months.

Score of 10-18

You are not entirely satisfied with your current relationships. Perhaps, you have cultivated a few meaningful relationships, but you have trouble consistently maintaining them.

You might also have the tendency to rely heavily on one person (a best friend or romantic partner) to satisfy all your connection needs, which can also lead to dissatisfaction.

You likely feel more understood and respected than in years past, but notice that many people still misread your behaviour.

Though you are somewhat satisfied with your connections, you still feel like something is missing. Perhaps, you are lacking true intimacy in your relationships, but you don't know how to get past the surface and deeply connect.

Be sure to read my ebook [Alone But Not Lonely](#), to learn how to connect deeply with the right people. Also, be on the lookout for introvert connection

emails and videos, which I will send straight to your inbox in the coming weeks and months.

Score of 19-30

You are mostly happy with your current connections. You likely have at least a few loving relationships in your life. Most introverts value quality over quantity in relationships, so as long as YOU are happy with the number of connections you've cultivated, that is what counts.

Though you have meaningful connections, you might struggle to consistently stay in touch with friends and family. You might also want to create more intimacy with those you care about.