



10 Signs you are a Confident Person

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Most things work better in life if you are a confident person. People who have confidence (real confidence not the “fake-it” kind) tend to do better at work, handle relationships more effectively, and generally be happier and more successful in life. Knowing whether you are confident can sometimes be tricky to ascertain. Below are some signs that you are a genuinely confident person. Read through these and see whether you do in fact exude an aura of confidence, or whether there is still some work to be done.

If you are confident:

1. You don't have to be the loudest voice in the room. Real confidence is quiet. Insecurity is loud and often rude as well. Confident people may raise their voice when they need to, but they attract attention through being calm and relaxed when others are yelling and shouting and losing their cool. A strong, confident, calm, and relaxed person gets their message through to others. You want people to hear your message and not wonder about your emotional state.
2. You can listen to someone without interrupting them. If you have a need to interrupt someone else who is talking in order to get your point across immediately, you are not confident. Confident people listen until someone has finished making their point and then respond. It is insecurity that gets people to need to talk over others. Insecure people are too busy thinking about their own story and getting it across exactly as they want to, to listen to others.
3. You don't need the approval of others. Most of us want to have harmonious relationships and to get on reasonably well with others. However, if you need the approval of others to the extent that you change your opinions to fit in with those around you, you are not confident.
4. You want to be the best version of yourself that you can be. Confident people understand that everyone has strengths and weaknesses. They also understand that they can work on themselves to improve their situation in life. Insecure people tend to use statements such as, “Well, I have always been this way, I cannot change now”, or “I can't help the way I am”.
5. You act with honesty and integrity. Confident people have courage. Which means they do what is right, even if it is hard. They also do what they say they will do.
6. You apologise when you should. You don't say sorry unless you really have something to be sorry for. Saying sorry a lot can make you come across as weak and submissive. If you want to be assertive, and confident people are assertive, only say sorry when you really have something to be sorry for. Having said that though, confident people do apologise when they need to. If you can't apologise then you lack true confidence.

7. You are not afraid to show your weaknesses. Confident people accept themselves. To be confident requires self-acceptance. And that means accepting your weaknesses. Confident people own all of who they are, the good and the bad, and accept themselves for being human. They are not afraid to talk about weaknesses and times when they failed.
8. You take responsibility for your life. Confident people do not blame or act like victims. They take responsibility for their actions, for their responses to the actions of others, and for their entire life. They don't take responsibility for the actions of other adults.
9. You speak up when you want to and ask for what you want. Confident people know they have worth and value. Therefore, they are comfortable to speak up and ask for what they want. They understand they may not get what they want, however, they realise they need to speak up if they do want to get something from others.
10. You believe in yourself. Confident people believe they can achieve goals they set if they are reasonable goals. They don't resort to permanent doubts when others question them. They have an inherent belief in themselves to be competent to do what they need to do.

Given that most of us do not have the perfect childhood and grow up experiencing many challenges in life, if you do fit most of these, you probably have done some work on yourself. That, in itself, is a sign of a confident person. A confident person acts in an empowered way to work on what they don't like and create a self and circumstances that they do want.

If you read this list and think you lack a lot of confidence, then realise that if you want to be confident you can do something about it. Your thoughts and your actions are not cast in stone. At any age you have the ability to make changes. And if it looks like that might be too hard, consider what the benefits can be of having more confidence. It will make the work involved worthwhile at the end of the day.