

YouGov Survey: Confidence in Capabilities

June 18 - 22, 2026 - 1,109 U.S. adult citizens



1. Do you think that you could do the following?

	Yes	No	Not sure
Pass the U.S. citizenship test	70%	10%	19%
Perform the Heimlich maneuver successfully on a choking person	55%	21%	24%
Do just about anything you had to in order to get out of a life-threatening situation	53%	14%	32%
Perform CPR on an adult whose heart has stopped	53%	27%	20%
Do a random stranger's job for a day	38%	26%	36%
Survive a week alone in the wilderness	33%	45%	22%
Deliver a baby in an emergency	31%	42%	26%
Escape from a sinking car underwater	29%	31%	39%
Safely land a passenger airplane in an emergency situation, relying only on the assistance of air traffic control	18%	60%	22%
Survive being lost at sea on a life raft for a week	15%	59%	26%
Successfully navigate to a destination using only the stars	10%	76%	14%
Correctly identify whether a wild mushroom is safe to eat	9%	77%	14%
Win a point off Serena Williams in a best-of-three-set match	8%	85%	7%
Beat a chimpanzee in a fight if you were unarmed	8%	76%	16%
Hotwire a car in under a minute	6%	86%	7%
Pilot a helicopter to a safe landing	6%	80%	15%
Beat a chess grandmaster in a single game	4%	91%	5%

2. How many, if any at all, of your successes in life have been a result of luck or chance?

All	4%
Most	16%
Few	53%
None	14%
Not sure	13%

3. Do you think that other people criticize you more or less than you criticize yourself, or is it about the same?

Other people criticize me more than I criticize myself	8%
Other people criticize me about the same amount as I criticize myself	15%
I criticize myself more than other people criticize me	58%
Don't know	19%

4. Generally speaking, do you have high or low expectations of yourself?

Very high	27%
Somewhat high	44%
Somewhat low	17%
Very low	6%
Not sure	7%

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5. When talking to others, do you tend to exaggerate your achievements or downplay them?

I tend to exaggerate my achievements	7%
I tend to downplay my achievements	41%
Neither	46%
Not sure	6%

6. Do you find it difficult or easy to accept compliments and praise from other people?

Very difficult	12%
Somewhat difficult	39%
Somewhat easy	31%
Very easy	11%
Not sure	7%

7. When you were growing up, how often did your parents praise you?

Very often	16%
Somewhat often	33%
Not very often	33%
Not at all often	11%
Not sure	7%

Interviewing Dates	June 18 - 22, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 6.531, with a mean of one and a standard deviation of 0.932.
Number of respondents	1,109
Margin of error	± 4 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	56 questions not reported.

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1A. Capabilities — Pass the U.S. citizenship test

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	70%	78%	63%	71%	63%	72%	75%	70%	69%	73%	67%	77%
No	10%	7%	14%	9%	18%	9%	6%	9%	15%	12%	13%	6%
Not sure	19%	15%	23%	21%	19%	19%	18%	21%	16%	15%	20%	18%
Totals	99%	100%	100%	101%	100%	100%	99%	100%	100%	100%	100%	101%
Unweighted N	(1,108)	(527)	(581)	(285)	(289)	(315)	(219)	(725)	(151)	(163)	(718)	(390)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	70%	71%	66%	76%	72%	82%	64%	75%	80%	69%	70%	69%	74%
No	10%	12%	11%	7%	10%	6%	14%	8%	8%	14%	9%	11%	8%
Not sure	19%	17%	23%	17%	18%	12%	22%	17%	12%	17%	21%	20%	19%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,108)	(348)	(435)	(325)	(435)	(384)	(398)	(340)	(264)	(189)	(209)	(447)	(263)

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1B. Capabilities — Perform the Heimlich maneuver successfully on a choking person

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	55%	55%	55%	41%	47%	65%	62%	62%	34%	46%	51%	62%
No	21%	22%	21%	36%	29%	13%	12%	15%	36%	30%	25%	15%
Not sure	24%	23%	24%	24%	24%	22%	26%	23%	29%	23%	24%	23%
Totals	100%	100%	100%	101%	100%	100%	100%	100%	99%	99%	100%	100%
Unweighted N	(1,108)	(526)	(582)	(285)	(289)	(315)	(219)	(726)	(150)	(163)	(717)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	55%	52%	52%	61%	56%	65%	49%	60%	60%	51%	68%	51%	51%
No	21%	25%	20%	20%	22%	15%	27%	20%	15%	29%	13%	21%	24%
Not sure	24%	23%	28%	19%	23%	20%	24%	20%	25%	20%	19%	28%	25%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,108)	(347)	(435)	(326)	(434)	(385)	(397)	(340)	(265)	(189)	(209)	(447)	(263)

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1C. Capabilities — Do just about anything you had to in order to get out of a life-threatening situation

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	53%	55%	53%	55%	47%	54%	59%	53%	61%	51%	54%	53%
No	14%	15%	13%	23%	19%	12%	4%	11%	16%	23%	15%	13%
Not sure	32%	30%	34%	23%	34%	35%	36%	36%	23%	26%	31%	34%
Totals	99%	100%	100%	101%	100%	101%	99%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	53%	53%	51%	57%	52%	60%	51%	54%	57%	46%	64%	54%	49%
No	14%	14%	15%	13%	12%	14%	17%	13%	13%	22%	5%	13%	19%
Not sure	32%	33%	34%	30%	36%	26%	32%	33%	30%	33%	31%	33%	32%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1D. Capabilities — Perform CPR on an adult whose heart has stopped

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	53%	51%	55%	40%	51%	59%	59%	57%	50%	44%	49%	61%
No	27%	30%	24%	42%	26%	22%	19%	24%	26%	34%	30%	20%
Not sure	20%	19%	21%	18%	23%	18%	22%	19%	24%	22%	21%	18%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	53%	52%	49%	59%	57%	62%	48%	57%	57%	45%	59%	57%	47%
No	27%	27%	29%	24%	23%	22%	32%	19%	28%	32%	25%	23%	30%
Not sure	20%	21%	22%	17%	20%	16%	19%	24%	15%	23%	16%	20%	23%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1E. Capabilities — Do a random stranger’s job for a day

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	38%	43%	33%	48%	37%	42%	25%	38%	35%	46%	38%	38%
No	26%	25%	26%	30%	34%	20%	21%	22%	28%	34%	28%	21%
Not sure	36%	32%	41%	23%	29%	38%	54%	39%	37%	20%	34%	41%
Totals	100%	100%	100%	101%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,108)	(527)	(581)	(285)	(290)	(315)	(218)	(725)	(151)	(163)	(717)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	38%	36%	35%	44%	35%	45%	37%	31%	46%	30%	44%	40%	36%
No	26%	27%	25%	25%	21%	22%	31%	29%	15%	29%	23%	25%	27%
Not sure	36%	36%	40%	31%	44%	33%	31%	40%	38%	41%	32%	36%	37%
Totals	100%	99%	100%	100%	100%	100%	99%	100%	99%	100%	99%	101%	100%
Unweighted N	(1,108)	(348)	(435)	(325)	(435)	(384)	(398)	(340)	(264)	(189)	(208)	(448)	(263)

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1F. Capabilities — Survive a week alone in the wilderness

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	33%	46%	21%	28%	36%	36%	31%	35%	17%	37%	33%	35%
No	45%	33%	55%	59%	43%	39%	40%	42%	57%	38%	46%	41%
Not sure	22%	21%	23%	13%	21%	24%	29%	23%	25%	25%	21%	24%
Totals	100%	100%	99%	100%	100%	99%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	33%	27%	34%	39%	28%	42%	29%	36%	40%	34%	33%	35%	30%
No	45%	52%	41%	42%	44%	39%	49%	41%	40%	49%	44%	42%	45%
Not sure	22%	22%	25%	19%	28%	19%	21%	23%	20%	17%	23%	23%	24%
Totals	100%	101%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	99%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1G. Capabilities — Deliver a baby in an emergency

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	31%	27%	35%	23%	27%	36%	38%	35%	24%	25%	30%	33%
No	42%	46%	39%	56%	48%	36%	33%	39%	45%	48%	44%	39%
Not sure	26%	27%	26%	21%	26%	29%	29%	27%	32%	27%	26%	27%
Totals	99%	100%	100%	100%	101%	101%	100%	101%	101%	100%	100%	99%
Unweighted N	(1,108)	(527)	(581)	(285)	(290)	(314)	(219)	(725)	(151)	(163)	(717)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	31%	28%	29%	38%	32%	41%	26%	37%	36%	28%	36%	31%	30%
No	42%	43%	45%	39%	39%	35%	50%	36%	37%	51%	34%	42%	44%
Not sure	26%	30%	26%	24%	29%	25%	24%	27%	27%	21%	30%	26%	26%
Totals	99%	101%	100%	101%	100%	101%	100%	100%	100%	100%	100%	99%	100%
Unweighted N	(1,108)	(347)	(435)	(326)	(434)	(385)	(398)	(339)	(265)	(188)	(209)	(448)	(263)

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1H. Capabilities — Escape from a sinking car underwater

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	29%	41%	19%	25%	33%	34%	24%	33%	18%	23%	29%	30%
No	31%	26%	37%	45%	31%	26%	26%	25%	45%	40%	33%	28%
Not sure	39%	34%	44%	30%	36%	40%	51%	42%	37%	37%	38%	42%
Totals	99%	101%	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	29%	24%	29%	35%	23%	42%	25%	31%	36%	31%	34%	27%	28%
No	31%	36%	30%	29%	34%	25%	38%	27%	28%	34%	27%	32%	32%
Not sure	39%	39%	41%	36%	42%	33%	37%	42%	36%	35%	39%	41%	40%
Totals	99%	99%	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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11. Capabilities — Safely land a passenger airplane in an emergency situation, relying only on the assistance of air traffic control

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	18%	23%	13%	16%	17%	22%	17%	20%	12%	17%	16%	23%
No	60%	52%	67%	69%	63%	55%	56%	58%	66%	67%	62%	56%
Not sure	22%	24%	19%	15%	21%	23%	27%	22%	22%	16%	22%	22%
Totals	100%	99%	99%	100%	101%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	18%	17%	13%	25%	18%	24%	16%	20%	22%	17%	17%	19%	18%
No	60%	64%	60%	57%	60%	53%	65%	59%	53%	66%	57%	59%	61%
Not sure	22%	19%	27%	18%	22%	23%	19%	21%	25%	17%	27%	22%	21%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1J. Capabilities — Survive being lost at sea on a life raft for a week

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	15%	23%	8%	15%	17%	16%	12%	16%	12%	19%	14%	18%
No	59%	52%	65%	68%	57%	56%	55%	57%	60%	58%	63%	50%
Not sure	26%	25%	26%	17%	25%	28%	33%	26%	28%	23%	23%	31%
Totals	100%	100%	99%	100%	99%	100%	100%	99%	100%	100%	100%	99%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	15%	10%	16%	19%	12%	23%	12%	17%	21%	13%	16%	15%	17%
No	59%	67%	55%	56%	59%	50%	63%	56%	55%	63%	61%	55%	60%
Not sure	26%	23%	29%	25%	29%	27%	24%	27%	24%	23%	23%	30%	23%
Totals	100%	100%	100%	100%	100%	100%	99%	100%	100%	99%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1K. Capabilities — Successfully navigate to a destination using only the stars

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	10%	14%	6%	13%	13%	11%	3%	10%	8%	18%	11%	9%
No	76%	72%	80%	79%	72%	73%	82%	77%	69%	71%	76%	76%
Not sure	14%	14%	14%	8%	15%	16%	15%	13%	24%	11%	13%	15%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,108)	(527)	(581)	(285)	(290)	(314)	(219)	(725)	(151)	(163)	(717)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	10%	8%	11%	11%	8%	14%	8%	14%	9%	8%	9%	10%	13%
No	76%	81%	73%	75%	78%	72%	78%	74%	80%	79%	78%	76%	72%
Not sure	14%	11%	16%	14%	14%	14%	14%	12%	11%	13%	13%	14%	16%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,108)	(348)	(435)	(325)	(435)	(384)	(397)	(340)	(265)	(189)	(209)	(447)	(263)

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1L. Capabilities — Correctly identify whether a wild mushroom is safe to eat

Do you think that you could do the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	9%	11%	8%	14%	9%	9%	6%	9%	7%	17%	10%	9%
No	77%	75%	79%	75%	74%	76%	84%	78%	74%	72%	78%	76%
Not sure	14%	14%	13%	11%	17%	15%	10%	13%	19%	12%	13%	15%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	101%	101%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	9%	8%	7%	14%	7%	16%	8%	12%	11%	9%	7%	9%	12%
No	77%	81%	78%	72%	80%	70%	79%	76%	75%	77%	80%	79%	70%
Not sure	14%	10%	15%	15%	14%	14%	13%	13%	14%	13%	13%	12%	18%
Totals	100%	99%	100%	101%	101%	100%	100%	101%	100%	99%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

YouGov Survey: Confidence in Capabilities

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1M. Capabilities — Win a point off Serena Williams in a best-of-three-set match

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	8%	11%	5%	13%	10%	8%	0%	6%	11%	17%	7%	10%
No	85%	82%	88%	78%	78%	87%	96%	87%	78%	75%	85%	84%
Not sure	7%	7%	7%	9%	12%	4%	4%	7%	11%	8%	8%	6%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	8%	8%	6%	10%	7%	9%	7%	9%	9%	9%	5%	7%	11%
No	85%	88%	84%	83%	87%	83%	85%	85%	88%	85%	89%	84%	82%
Not sure	7%	4%	10%	7%	6%	7%	8%	5%	4%	6%	6%	9%	7%
Totals	100%	100%	100%	100%	100%	99%	100%	99%	101%	100%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

YouGov Survey: Confidence in Capabilities

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1N. Capabilities — Beat a chimpanzee in a fight if you were unarmed

Do you think that you could do the following?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	8%	12%	4%	11%	10%	7%	3%	8%	4%	6%	7%	9%
No	76%	69%	83%	76%	72%	74%	84%	75%	81%	79%	77%	75%
Not sure	16%	20%	13%	13%	18%	18%	13%	17%	14%	14%	16%	16%
Totals	100%	101%	100%	100%	100%	99%	100%	100%	99%	99%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	8%	7%	7%	9%	5%	13%	5%	9%	12%	5%	12%	7%	7%
No	76%	82%	72%	76%	81%	73%	78%	77%	74%	82%	71%	77%	75%
Not sure	16%	10%	21%	15%	15%	14%	17%	14%	14%	13%	16%	16%	18%
Totals	100%	99%	100%	100%	101%	100%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

YouGov Survey: Confidence in Capabilities

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10. Capabilities — Hotwire a car in under a minute

Do you think that you could do the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	6%	9%	4%	8%	10%	5%	3%	6%	6%	8%	6%	7%
No	86%	85%	88%	82%	79%	89%	94%	87%	82%	79%	86%	87%
Not sure	7%	7%	8%	11%	11%	6%	3%	6%	12%	13%	8%	6%
Totals	99%	101%	100%	101%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	6%	3%	6%	11%	4%	9%	5%	7%	6%	4%	5%	7%	8%
No	86%	90%	87%	82%	89%	83%	88%	87%	87%	87%	87%	87%	84%
Not sure	7%	7%	7%	8%	7%	8%	7%	6%	7%	9%	8%	6%	9%
Totals	99%	100%	100%	101%	100%	100%	100%	100%	100%	100%	100%	100%	101%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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1P. Capabilities — Pilot a helicopter to a safe landing

Do you think that you could do the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	6%	7%	5%	7%	9%	5%	1%	6%	4%	7%	6%	5%
No	80%	76%	83%	81%	77%	78%	84%	81%	79%	74%	80%	79%
Not sure	15%	17%	12%	12%	14%	16%	15%	13%	17%	19%	14%	16%
Totals	101%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	6%	5%	4%	8%	6%	7%	4%	7%	6%	6%	9%	4%	5%
No	80%	81%	82%	77%	82%	77%	81%	80%	79%	79%	78%	82%	80%
Not sure	15%	14%	14%	15%	13%	16%	15%	13%	14%	15%	14%	15%	15%
Totals	101%	100%	100%	100%	101%	100%	100%	100%	99%	100%	101%	101%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

YouGov Survey: Confidence in Capabilities

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1Q. Capabilities — Beat a chess grandmaster in a single game

Do you think that you could do the following?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Yes	4%	5%	3%	6%	9%	2%	0%	3%	6%	9%	3%	6%
No	91%	90%	91%	88%	83%	93%	98%	94%	83%	81%	92%	88%
Not sure	5%	5%	6%	6%	8%	5%	2%	3%	11%	10%	5%	6%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,108)	(526)	(582)	(285)	(290)	(314)	(219)	(725)	(151)	(163)	(717)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Yes	4%	4%	3%	5%	4%	5%	4%	4%	4%	2%	2%	5%	6%
No	91%	92%	90%	90%	91%	91%	92%	92%	88%	93%	93%	91%	85%
Not sure	5%	4%	7%	5%	5%	4%	4%	3%	7%	5%	4%	4%	9%
Totals	100%	100%	100%	100%	100%	100%	100%	99%	99%	100%	99%	100%	100%
Unweighted N	(1,108)	(348)	(435)	(325)	(435)	(384)	(397)	(340)	(265)	(189)	(209)	(448)	(262)

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2. Success Due to Luck

How many, if any at all, of your successes in life have been a result of luck or chance?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
All	4%	5%	2%	6%	6%	3%	1%	3%	6%	5%	5%	1%
Most	16%	16%	16%	21%	20%	14%	10%	17%	15%	16%	17%	15%
Few	53%	54%	52%	47%	50%	54%	62%	56%	40%	63%	50%	60%
None	14%	15%	13%	13%	11%	16%	15%	13%	17%	8%	14%	14%
Not sure	13%	10%	16%	13%	14%	12%	13%	11%	23%	8%	14%	10%
Totals	100%	100%	99%	100%	101%	99%	101%	100%	101%	100%	100%	100%
Unweighted N	(1,108)	(527)	(581)	(285)	(290)	(314)	(219)	(725)	(151)	(163)	(717)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
All	4%	6%	3%	2%	3%	2%	6%	1%	3%	5%	2%	5%	2%
Most	16%	17%	15%	16%	18%	14%	15%	17%	19%	19%	18%	14%	16%
Few	53%	57%	48%	56%	58%	59%	49%	58%	53%	56%	49%	54%	54%
None	14%	7%	16%	17%	8%	16%	16%	12%	16%	7%	17%	17%	12%
Not sure	13%	11%	18%	7%	13%	9%	14%	13%	9%	14%	14%	10%	15%
Totals	100%	98%	100%	98%	100%	100%	100%	101%	100%	101%	100%	100%	99%
Unweighted N	(1,108)	(348)	(434)	(326)	(435)	(385)	(397)	(340)	(265)	(189)	(209)	(447)	(263)

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3. Criticism

Do you think that other people criticize you more or less than you criticize yourself, or is it about the same?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Other people criticize me more than I criticize myself	8%	7%	8%	8%	8%	8%	7%	6%	14%	11%	9%	6%
Other people criticize me about the same amount as I criticize myself	15%	16%	15%	17%	15%	13%	18%	14%	14%	21%	15%	15%
I criticize myself more than other people criticize me	58%	59%	58%	55%	58%	60%	59%	63%	43%	49%	54%	67%
Don't know	19%	18%	19%	21%	19%	18%	16%	17%	29%	20%	21%	13%
Totals	100%	100%	100%	101%	100%	99%	100%	100%	100%	101%	99%	101%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Other people criticize me more than I criticize myself	8%	6%	8%	10%	7%	8%	12%	6%	5%	5%	9%	9%	8%
Other people criticize me about the same amount as I criticize myself	15%	18%	12%	18%	17%	17%	12%	20%	14%	15%	12%	17%	16%
I criticize myself more than other people criticize me	58%	62%	58%	55%	63%	58%	51%	61%	72%	55%	67%	57%	55%

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	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Don't know	19%	14%	23%	17%	13%	18%	25%	13%	10%	26%	12%	18%	21%
Totals	100%	100%	101%	100%	100%	101%	100%	100%	101%	101%	100%	101%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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4. Expectations

Generally speaking, do you have high or low expectations of yourself?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very high	27%	26%	28%	32%	30%	23%	25%	25%	39%	26%	23%	34%
Somewhat high	44%	43%	44%	39%	35%	48%	53%	46%	42%	42%	39%	52%
Somewhat low	17%	16%	17%	15%	22%	17%	13%	16%	10%	18%	20%	9%
Very low	6%	7%	4%	5%	8%	7%	2%	6%	1%	11%	8%	1%
Not sure	7%	7%	7%	10%	6%	6%	7%	8%	8%	3%	9%	3%
Totals	101%	99%	100%	101%	101%	101%	100%	101%	100%	100%	99%	99%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very high	27%	29%	22%	32%	27%	30%	23%	24%	36%	25%	27%	29%	25%
Somewhat high	44%	42%	41%	49%	50%	51%	34%	53%	47%	44%	47%	39%	50%
Somewhat low	17%	18%	20%	10%	13%	11%	23%	13%	12%	14%	14%	19%	17%
Very low	6%	7%	7%	2%	3%	2%	12%	2%	2%	11%	3%	6%	2%
Not sure	7%	5%	10%	6%	6%	6%	8%	8%	4%	6%	9%	7%	6%
Totals	101%	101%	100%	99%	99%	100%	100%	100%	101%	100%	100%	100%	100%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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5. Exaggeration of Achievements

When talking to others, do you tend to exaggerate your achievements or downplay them?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
I tend to exaggerate my achievements	7%	8%	7%	11%	11%	4%	5%	7%	10%	11%	7%	8%
I tend to downplay my achievements	41%	44%	37%	36%	44%	45%	36%	42%	24%	45%	39%	43%
Neither	46%	42%	51%	45%	37%	47%	57%	45%	57%	43%	47%	44%
Not sure	6%	6%	5%	9%	9%	4%	2%	5%	9%	1%	6%	5%
Totals	100%	100%	100%	101%	101%	100%	100%	99%	100%	100%	99%	100%
Unweighted N	(1,107)	(527)	(580)	(285)	(289)	(314)	(219)	(725)	(150)	(163)	(717)	(390)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
I tend to exaggerate my achievements	7%	6%	4%	13%	4%	12%	7%	8%	7%	8%	5%	8%	9%
I tend to downplay my achievements	41%	41%	43%	37%	45%	38%	42%	40%	44%	44%	40%	40%	39%
Neither	46%	50%	44%	46%	45%	47%	46%	44%	46%	46%	47%	49%	42%
Not sure	6%	3%	9%	4%	5%	4%	5%	8%	3%	3%	8%	3%	10%
Totals	100%	100%	100%	100%	99%	101%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(1,107)	(347)	(434)	(326)	(433)	(385)	(398)	(338)	(265)	(189)	(209)	(447)	(262)

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6. Accepting Compliments

Do you find it difficult or easy to accept compliments and praise from other people?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very difficult	12%	10%	14%	12%	18%	10%	9%	12%	6%	18%	14%	8%
Somewhat difficult	39%	37%	41%	32%	35%	47%	39%	42%	29%	35%	37%	44%
Somewhat easy	31%	34%	27%	35%	27%	25%	39%	31%	33%	28%	29%	34%
Very easy	11%	10%	12%	11%	9%	13%	9%	10%	20%	9%	12%	9%
Not sure	7%	9%	6%	9%	11%	5%	4%	5%	12%	10%	8%	5%
Totals	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(1,109)	(527)	(582)	(285)	(290)	(315)	(219)	(726)	(151)	(163)	(718)	(391)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very difficult	12%	11%	15%	9%	11%	8%	14%	11%	10%	17%	12%	11%	11%
Somewhat difficult	39%	40%	38%	41%	45%	44%	35%	44%	40%	36%	38%	42%	39%
Somewhat easy	31%	33%	26%	35%	30%	32%	27%	31%	35%	29%	31%	30%	32%
Very easy	11%	13%	11%	10%	9%	11%	14%	9%	10%	12%	13%	10%	10%
Not sure	7%	4%	10%	6%	5%	5%	9%	4%	6%	6%	6%	8%	9%
Totals	100%	101%	100%	101%	100%	100%	99%	99%	101%	100%	100%	101%	101%
Unweighted N	(1,109)	(348)	(435)	(326)	(435)	(385)	(398)	(340)	(265)	(189)	(209)	(448)	(263)

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7. Praise Growing Up

When you were growing up, how often did your parents praise you?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Very often	16%	13%	19%	15%	19%	18%	10%	16%	24%	16%	13%	21%
Somewhat often	33%	34%	32%	39%	32%	24%	40%	34%	32%	31%	31%	36%
Not very often	33%	36%	31%	34%	29%	35%	34%	32%	26%	38%	34%	31%
Not at all often	11%	9%	13%	6%	10%	15%	11%	10%	10%	14%	12%	9%
Not sure	7%	8%	6%	5%	10%	7%	6%	8%	8%	2%	9%	3%
Totals	100%	100%	101%	99%	100%	99%	101%	100%	100%	101%	99%	100%
Unweighted N	(1,107)	(527)	(580)	(285)	(289)	(315)	(218)	(724)	(151)	(163)	(717)	(390)

	Party ID			2024 Vote		Family income			Region				
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Very often	16%	17%	13%	20%	15%	19%	14%	14%	21%	21%	16%	17%	11%
Somewhat often	33%	39%	29%	31%	39%	30%	27%	42%	30%	26%	30%	34%	38%
Not very often	33%	30%	34%	35%	30%	35%	35%	28%	38%	37%	35%	31%	32%
Not at all often	11%	10%	15%	7%	11%	8%	15%	11%	7%	7%	11%	13%	11%
Not sure	7%	4%	9%	7%	5%	7%	9%	5%	4%	9%	9%	5%	8%
Totals	100%	100%	100%	100%	100%	99%	100%	100%	100%	100%	101%	100%	100%
Unweighted N	(1,107)	(348)	(433)	(326)	(434)	(385)	(398)	(338)	(265)	(189)	(209)	(448)	(261)

YouGov Survey: Confidence in Capabilities

June 18 - 22, 2026 - 1,109 U.S. adult citizens



Interviewing Dates	June 18 - 22, 2026
Target population	U.S. citizens, aged 18 and over
Sampling method	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
Weighting	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 6.531, with a mean of one and a standard deviation of 0.932.
Number of respondents	1,109
Margin of error	± 4 points (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	56 questions not reported.