

Self-Confidence Worksheet

Being confident in yourself is important so you can be an assertive advocate. If you need some extra help boosting your confidence, use this worksheet to reflect on what makes you feel confident, and to build some practices to increase your confidence.

<p>I feel confident when...</p>	
<p>I feel less confident when...</p>	
<p>Challenging negative self-talk By paying attention to the messages you're telling yourself and challenging them, you can slowly change the negative thought patterns that undermine your confidence.</p>	<p>A negative message I tell myself is:</p> <p>I know this message is not true because:</p>
<p>Positive affirmations Start to build more positive thought patterns with positive affirmations: short, memorable statements about how capable you are.</p>	<p>My affirmations:</p>
<p>Exposure By getting more exposure to the things that makes you feel nervous and less confident, over time, you'll build up confidence because you'll see you can cope when you're in the situation.</p>	<p>The situation I'm practicing exposing myself to is:</p> <p>I will practice by:</p> <p>In the situation, I felt:</p> <p>My recent successes:</p>