

Understanding Self-Confidence

Worksheet

This *Understanding Self-Confidence* worksheet is a helpful resource for teens, adolescents, and adults who want to understand their self-esteem and self-confidence in order to improve it.

In the following activity, you or your client will attempt to gain more insight into the psychological experiences and physical sensations that are associated with self-confidence. The goal is to help familiarize you with the mental and bodily experiences associated with self-confidence and identify behaviors that may be helpful when they feel low in self-esteem.

If it helps, keep Part C or the whole worksheet as a useful reminder for the next time you're feeling low in self-esteem.

This worksheet has 3 parts:

- In **Part A**, you or your client can recall a situation in which you felt confident and experienced a sense of self-worth. Answer the questions using the spaces provided.
- **Part B** poses the same questions of a situation in which you felt low in self-esteem. These allow for contrast and comparison in Part C.
- The final section, **Part C**, will help the user become more aware of their emotions and self-talk in the two contrasting situations, analyze their reactions, and identify adaptive actions for dealing strategically with future situations where they feel low in self-esteem.

Part A

Recall a time when you felt confident and experienced a sense of self-worth. Use this space to note down your reflections.

1. How would you describe the situation? What is happening?

2. What are you saying to yourself about the situation (self-talk)? What tone does your self-talk have? What kind of language are you using?

3. What physical sensations and feelings are you aware of?

4. What do you do as a result of this?

Part B

Now, try to remember a situation when you felt that your self-confidence was low. Using the same questions as in Part A, write down your answers.

1. How would you describe the situation? What is happening?

2. What are you saying to yourself about the situation (self-talk)? What tone does your self-talk have? What kind of language are you using?

3. What physical sensations and feelings are you aware of?

4. What do you do as a result of this?

Part C

Use your notes from Parts A and B above to answer the following questions.

1. What positive statement could I say to myself to be reminded of my power?

2. What could I do that would help me feel differently?

3. What could I do differently next time I am in this situation? What actions would empower me?