



## **Exercise: Understanding Self-Confidence**

This worksheet is adapted from the work of Seph Fontane Pennock, psychologist expert in Positive Psychology Techniques.



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1. How would you describe the situation? What is happening?
2. What are you saying to yourself about the situation (selftalk)? 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?

RECALL

1



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



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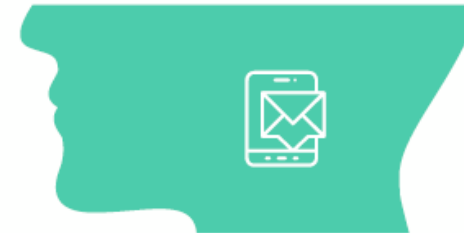


## IDENTIFY

1. How would you describe the situation? What is happening?
2. What are you saying to yourself about the situation (selftalk)? 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?

# 2

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



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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?
4. What actions would empower me?

3

**PLAY FORWARD**

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



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