

## About confidence: Handout 1

<b>What I feel, think and do when I lack confidence</b>	<b>What I feel, think and do when I feel more confident</b>
Embarrassed	Proud
Anxious	In control
Inadequate	Happy
Powerless	Take chances
Helpless	Feel good
Inferior	Feel capable
A failure	Able to say NO
Useless	Feel I can cope even if things go wrong
Afraid	Have faith in my ability
Don't want to take risks	Can learn from criticism
Ignore my gut feelings	Do things I want to
Don't want to do anything	Am respected
Expect things to go wrong	Have a different opinion
Fear of letting others down	Recover quickly from failing
Resent other people succeeding	Can challenge others
Doubt my ability	Feel motivated to do more things
Can't take criticism	More able to take risks
Expect to be told off	Can go for opportunities
Don't say what I think	Enjoy myself
Avoid conflict	Feel equal to others