

About confidence: Handout 2

Loss of confidence cycle	Building confidence cycle
<p>Thoughts: Doubtful about having a go</p> <p>Fear failure</p> <p>Don't like to say no</p>	<p>Thoughts: Doubtful about having a go</p> <p>Would like to have a go</p> <p>Feel I can take a chance</p>
<p>Behaviour: Task doesn't go well</p> <p>I make some mistakes</p>	<p>Behaviour: Task doesn't go as planned</p> <p>I make some mistakes</p>
<p>Thoughts: My fault</p> <p>I always make mistakes</p> <p>I am useless</p>	<p>Thoughts: Opportunity to learn</p> <p>Learn from the mistakes</p> <p>New knowledge is useful</p>
<p>Feedback: Others have not complimented me Therefore it is negative</p>	<p>Feedback: I have been given encouragement Therefore it is positive or neutral</p>
<p>Thoughts: I have let others down</p> <p>Feelings: Useless and stupid, low</p> <p>Behaviour: Cry in toilets</p>	<p>Thoughts: I have learned from my mistakes</p> <p>Feelings: Done my best</p> <p>Behaviour: Don't cry in toilet</p>
<p>Outcome: Look for ways of avoiding same situation in future or taking chances</p>	<p>Outcome: Look for opportunities to get more experience</p>