

# CONFIDENCE BUILDING

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Read each item and rate how much you believe each statement.

	rating
	0 = don't believe, 10 = believe
1 I like the way I look	<input type="text"/>
2 I am good at solving problems	<input type="text"/>
3 I can handle criticism	<input type="text"/>
4 I am not afraid to make mistakes	<input type="text"/>
5 I respect myself	<input type="text"/>
6 I focus on my successes and not my failures	<input type="text"/>
7 I am happy to be me	<input type="text"/>
8 I like myself even when others reject me	<input type="text"/>
9 I love trying new things	<input type="text"/>
10 I can honor and accept compliments	<input type="text"/>
11 I know my positive qualities	<input type="text"/>