Self-Confidence Worksheet

1. What is the biggest single cause of low self-confidence? F\_ \_ R
2. Give examples of the above
   1. F\_ \_ R of …………………………
   2. F\_ \_ R of …………………………
   3. F\_ \_ R of …………………………
3. List three things you can do to improve your self-confidence (remember we are unique individuals, each one has their own needs)
   1. ………………………………………………………………………………………………………….
   2. ………………………………………………………………………………………………………….
   3. ………………………………………………………………………………………………………….
4. Complete your self-profile by ticking the score that identifies with you for each of the statements below. Be honest with yourself – none of us will be watching. Jesus is ☺

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |  |
| Being able to accept criticism |  |  |  |  |  | One who reacts against criticism |
| Self-confident |  |  |  |  |  | Lacking in self confidence |
| Tolerant |  |  |  |  |  | Intolerant |
| One who likes making friends and mixing with people |  |  |  |  |  | A person who likes to keep to himself |
| Having a good sense of humour |  |  |  |  |  | Lacking a good sense of humor |
| Trusting |  |  |  |  |  | Suspicious |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |  |
| Honest |  |  |  |  |  | Dishonest |
| One who generally accepts what teachers and leaders say |  |  |  |  |  | One who usually challenges what  others say |
| Imaginative |  |  |  |  |  | Unimaginative |
| One who knows just where he is going and what he wants out of life |  |  |  |  |  | Crazy mixed-up kid |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** |  |
| Interested in helping others with their problems whenever possible |  |  |  |  |  | Have enough of your own problems and  can’t be bothered with others |
| Generally a happy person |  |  |  |  |  | Find nothing much to be happy about |
| Look forward to things in the future |  |  |  |  |  | Find nothing much to look forward to |
| One who has sorted out any problems in his relationship with his parents |  |  |  |  |  | One who is not interested in sorting out his relationship with his parents |