

LESSON 6 WORKBOOK

**Build Confidence In
Your Ability To Be
Self-Supportive**

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What It Means To Have Confidence In Your Ability To Be Completely Self Supportive

Feeling confidence in your ability to be completely self-supportive means you are comfortable handling your own problems and taking care of yourself. You feel like you can tackle any problem that comes your way and make decisions based on your best interests.

Sometimes, this type of confidence can be a little confusing to understand. If someone has enough confidence to be completely self-supportive, does it mean they never reach out for help or keep a support system or trusted people in their lives? The answer is no!

When someone is confident in their ability to be completely self-supportive, they are comfortable doing whatever is necessary to get themselves the support and care that they need.

Sometimes this means the confident person can tackle the issue by themselves. It also means that the confident person can make the decision to reach out to a helpful person for assistance without fear, shame, or hesitation.

Confident people who trust their ability to be self-supportive know when and how to make the right calls to take good care of themselves. Sometimes those decisions involve acting alone; other times, those decisions require asking for help.

People who are confident in their ability to be self-supportive understand that taking good care of themselves is key.

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How did it feel to do positive and beneficial things for yourself?

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Learn how to sit with your emotions and feel uncomfortable

Dealing with emotions can be brutal. Often, people tend to believe the easiest way to deal with their challenging emotions is to ignore them entirely or bury them, believing that if they're out of sight, they're gone for good. This is never the case with hiding, or repressing, challenging emotions.

Learning how to feel your emotions, sit with them, and experience that discomfort is a big step toward building your confidence in being completely self-supportive. A person who can get through the discomfort of big, difficult emotions has the power to take good care of themselves.

What emotions scare you?

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What emotions are difficult for you?

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What do you do with those emotions?

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Acknowledge your strengths as well as your weaknesses

Everyone has a unique set of strengths and weaknesses. Understanding what yours are and how they work is a big part of feeling confident in your ability to be completely self-supportive.

List your strengths

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What makes you unique?

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Conquer your negativity bias

Most people fall subject to their negativity biases, or the tendencies to think and center around negative thoughts. Having a negativity bias is a natural survival tactic the human brain learned and instilled within us all long ago.

When you have a negativity bias, it means you tend to lean toward the potential harmful or negative outcomes of a situation, which causes you to be more careful. While this is useful for self-preservation, it can also wreck your confidence in your own ability to be self-supportive.

Learn to counter your negative thinking with positive or more truthful thoughts. Often, negative thoughts spring out of fear or anxiety, which is rarely rooted in truth and reality. When you feel yourself spiraling into negative thinking, counter those thoughts with a truthful statement to protect your confidence.

Use the table below to conquer your negativity bias by changing negative thoughts about yourself to more positive ones, we have added some examples

Negative Thought	Positive Thought
This situation is all bad.	This situation is bad, but I am strong and resilient, I can handle it.
Everything is going to fall apart.	Nothing is so bad because I look out for myself and will do what is best for me.
Everything is out of control.	I choose based on what is best for me, nothing is so bad that I can't survive it.

Kick self-doubt to the curb

I believe in myself because

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[illegible]

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Describe times when being self-supportive was key to getting you through hard times and protecting your wellbeing

For example, someone in a bad relationship struggles with being hurt or betrayed but they stay in the relationship because the other person begs them not to leave, they say they can't live without them, or for other reasons. So, instead of choosing to be self-supportive the person stays and continues to suffer. This decision not only causes suffering in the immediate moment, but it also greatly destroys that confidence of being self-supportive and confidence in the ability to take good care of themselves in the partner who stays. This destruction of confidence spills over to affect all areas of this person's life and can cause them to make more poor choices in the future, and to debilitate their ability to thrive and live their best life.

On the flip side, another person decides to choose themselves, to be self-supportive and leave the relationship. This person has now greatly instilled their confidence to be self-supportive. This person now knows they can face anything in life because that confidence keeps them balanced and strong in the idea that they have themselves to look out for themselves and so no matter what life brings, they have themselves.

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[illegible]

Work on conquering your fears

Fears can be major roadblocks to being self-supportive. It's hard to feel confident in your ability to support yourself when you have major fears affecting your daily life.

What fears do you struggle with?

[illegible]

[illegible]

[illegible]

Stop getting in your own way

One of the biggest roadblocks to feeling confident in your ability to be completely self-supportive is often yourself! When you place limiting beliefs on yourself and your ability to do certain things, you create a “self-fulfilling prophecy” situation – this is similar to “predicting the future.” When you constantly tell yourself “I can’t do this,” you begin to adopt that mindset as the truth.

By placing self-limiting beliefs on yourself, you may begin to truly believe that you can't be self-supportive. Begin to identify and acknowledge those self-imposed limitations so you can begin challenging and removing them from your life.

How well do you take care of yourself?

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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

If you struggle with self-care, why is that?

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[illegible]

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How do you feel about yourself?

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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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What stops you from being supportive to yourself

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Complete these thoughts

I am

I want to be

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I like myself because

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

I look out for my best interests because

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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I wish I was

[illegible]

[illegible]

[illegible]

Write about how you look out for your best interests

This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced horizontal blue lines across the entire page, providing a guide for letter height and placement. The lines are consistent in color and thickness throughout.

What are 10 benefits of you being self-supportive?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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What can happen when you don't support yourself? Give this some deep thought, be specific.

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This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

List ways in which you can make yourself a priority

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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