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Confidence Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Journaling Prompts

3 · Life Timeline

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

Are these worksheets for you? Check off what describes you:

- ☐ If you're not completely certain you can do something, you think to yourself, "Why bother trying?"
- ☐ You avoid starting a conversation with someone because you worry you may come across as awkward.
- ☐ You avoid taking risks because you're afraid you'll fail.
- ☐ You often keep your thoughts to yourself because you believe you have nothing important to share.
- ☐ You often second-guess yourself.
- ☐ You spend so much time ruminating on your mistakes and shortcomings.
- ☐ You struggle with critical thoughts, such as "I'm not good enough," or, "I can't do it."

If you checked several of the boxes, read on to learn how to improve your self-confidence.

Note on introversion

Society tends to place more value on extroversion, which makes many people believe that you need to be outgoing enough or talkative enough to be confident.

Truth it, there is zero correlation between confidence and being talkative.

So if you're a self-described introvert, don't worry. You don't have to change your personality to feel confident.

Journaling Prompts

The Latin roots of confidence mean “with trust.” This means taking action toward valued goals even though you’re not completely certain of what you’re doing.

1. What does confidence mean to you? Write your definition of confidence.

2. What specific experiences in your life had the biggest negative effects on your confidence?

3. If you had all the confidence in the world, what would you do? (e.g., talk to your boss about the promotion you were promised, start the novel you had been wanting to write, approach the girl you’ve been interested in)

4. What area in your life do you feel confident in? Why do you feel confident in this area?

5. How does it feel to be confident in this area?

6. What area in your life do you lack confidence in? Why it is you think you are not as confident as you want to be in that area?

7. How will it feel when you are as confident as you want to be in that area?

8. What is one thing you can do today that will boost your confidence in that area? For example: If you lack confidence in your body image, start a workout routine or start wearing clothes that flatter your figure.

Life Timeline

This line below represents your life from birth to the present. Place marks for key events in your life that you feel have influenced your confidence. These could be achievements, failures, significant changes, or personal revelations.

Next to each mark, write a brief description of the event. For each event, use a symbol or color code to indicate whether it had a positive (+), negative (-), or neutral (o) impact on your confidence.



Look for patterns or periods of change in your confidence levels. Consider what lessons you can learn from these observations.

What have you learned about how you handle success and setbacks? How can these lessons help you in the future?

Release the Confidence-Draining Beliefs

Take a few moments to write down your negative beliefs around self-confidence and what you think is preventing you from feeling confident.

Then answer the following questions for each assumption you wrote:

Negative Belief: _____

- Do I have experiences that would contradict my beliefs in any way?

- What evidence do I have that what I believe is actually true?

- Am I falling into a thinking trap (e.g., catastrophizing or all-or-nothing treatment)?

- Am I confusing a belief with a fact?

- Am I basing my conclusion mostly on my feelings or on the true evidence?

- What would I tell a friend if he/she had the same thought?

Affirmations

Choose an area in your life that you want to boost your confidence in and use POSITIVE affirmations to counter your negative inner voice.

For example: if you lack confidence in your body image, your affirmations may sound like:

- I am whole and complete just the way I am.
- I can be healthy at any size.
- I love and respect myself.
- I treat my body with love and respect.
- My body deserves love.
- My needs are just as important as anyone else.
- Taking care of myself feels good.

Area where I lack confidence: _____

Affirmations

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Keep in mind that healing and growth requires behavioral commitments to a new way of seeing yourself and the world.

Simple statements or temporary changes in feelings won't create lasting change. Thinking, imagining, and practicing new behavior forges stronger neural connections and produces lasting change.

Visualization

Visualization is a great practice to boost your confidence:

1. Sit in a comfortable position, gently close your eyes, and focus on your breathing to clear your mind.
2. Create a vision of confidence in your mind. Imagine ...
 - Where are you?
 - Who are you with?
 - What are you doing?
 - What skills do you have now?
 - What did you achieve with your newfound confidence?
3. Focus on the sensations that relate to success or achievements in that area.
4. Visualize yourself telling a loved one about your achievements and imagine them being really impressed and happy for you.

Notes

Identify Your Strengths

To add a brick to your wall of confidence, try identifying your strengths.

1. Self-Assessment

The following is a list of strengths. Choose what you can relate to by thinking of actual situations in which you had the opportunity to use those strengths:

- ☐ Appreciation of beauty
- ☐ Authenticity
- ☐ Bravery
- ☐ Capacity to love and be loved
- ☐ Caution and prudence
- ☐ Creativity and originality
- ☐ Critical thinking
- ☐ Curiosity and interest in the world
- ☐ Fairness and justice
- ☐ Faith
- ☐ Forgiveness and mercy
- ☐ Generosity
- ☐ Genuineness
- ☐ Gratitude
- ☐ Honesty
- ☐ Hope, optimism, and future-mindedness
- ☐ Humor and playfulness
- ☐ Industry and diligence
- ☐ Kindness
- ☐ Leadership
- ☐ Love of learning

- ☐ Loyalty
- ☐ Modesty and humility
- ☐ Open-mindedness
- ☐ Perseverance
- ☐ Perspective (wisdom)
- ☐ Self-control and self-regulation
- ☐ Sense of purpose
- ☐ Social intelligence
- ☐ Spirituality,
- ☐ Teamwork,
- ☐ Zest, enthusiasm, and energy

Notes:

2. Assessment by Others

- Ask people you trust and who know you well to identify what they feel are your strengths. Then make a list.

- Now that you have your list of strengths, how can you use more of them in your life?

Accept Your Weaknesses

Acceptance can be a difficult concept to grasp.

After all, there's nothing you want more than to change your situation.

To be told that you need to accept your situation might make you think that you're being asked to settle for how things are and not try to change or improve anything.

The best way to understand acceptance is to think about it as the opposite of denial.

When you don't accept a situation, you refuse to admit the reality of how things are.

You might be thinking, "I can't believe this is happening," or, "Why can't I be like normal people?"

This only increases your suffering and makes it even more difficult to change anything.

Acceptance is a willingness to see reality without judgment and is the starting point for change.

→ To identify your weaknesses finish the following prompts:

Weaknesses I'm aware of:

What's most likely to make me give up?

What often keeps me from moving forward?

What roles do I avoid?

Feedback I've received that may indicate a weakness:

Practice Self-Compassion

Kristin Neff, Ph.D. is one of the pioneers in the field of self-compassion research, has identified three important components of self-compassion.

1. Mindfulness: simply being aware that you're in pain and need attention.
2. Kindness: providing yourself the same comfort and support you would a loved one.
3. Shared humanity: realizing that suffering is part of the human condition and that many other people have had similar experiences.

Self-compassion practice

1. Think of a situation that's causing you so much pain.
2. Try a compassionate gesture, such as putting your hand over your heart or hugging yourself.
3. In a kind tone, say to yourself something like, "This is a difficult time."
4. Take a few deep breaths and allow yourself to feel your kind words.
5. Say to yourself, "Suffering is a normal part of life. Other people are also suffering in different ways. I deserve compassion as much as anyone else."
6. Take a few deep breaths and allow your words to sink in.

Notes

Do you feel hesitant to try self-compassion? If so, what barriers could be keeping you from practicing self-compassion? The following are some examples:

- ☐ It will feel too indulgent
- ☐ It will lead to self-pity
- ☐ It means that I'm weak or soft
- ☐ It will prevent me from working on the issue
- ☐ I don't believe I deserve self-compassion
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

To challenge these beliefs, think about the alternative. Would beating yourself up and criticizing yourself make you feel any better about yourself?

If you find it difficult to feel compassion toward yourself, think of a loved one in the same position, feeling undeserving of self-compassion and beating themselves up. What would you tell them?

Cultivate Authenticity

Confidence comes from being grounded in your sense of self: Being clear on who you are and what you value.

Authenticity is about allowing yourself to choose your thoughts and actions based on your needs and desires, without the need to consult or ask permission of others.

This means:

- You stop pretending to be what you're not
- You stop pretending to care about things you don't care about
- You stop pretending to believe in things you don't believe in
- You start to be what you are
- You start to care about things you care about

Take a personal inventory

1. What type of people, activities, or situations make you feel unhappy or resentful?

2. What type of people, activities, or situations makes you feel the most alive?

3. What sort of person do you want to be at work? In your relationships?
In your community?

4. If you could wave a magic wand and have your ideal life, what would it look like?

5. What is important to you? Write down a list of values you want to live by (you may use the list of values below)

List of Values

Acceptance	Dignity	Innovation	Reverence
Achievement	Discipline	Inspiring	Rigor
Accountability	Discovery	Integrity	Risk
Adaptability	Drive	Intelligence	Satisfaction
Alertness	Effectiveness	Intensity	Security
Altruism	Efficiency	Intuitive	Self-reliance
Ambition	Empathy	Irreverent	Selfless
Amusement	Empower	Joy	Service
Assertiveness	Endurance	Justice	Sharing
Attentive	Energy	Kindness	Significance
Awareness	Enjoyment	Knowledge	Silence
Balance	Enthusiasm	Lawful	Simplicity
Beauty	Equality	Leadership	Sincerity
Boldness	Ethical	Learning	Skill
Bravery	Excellence	Liberty	Smart
Brilliance	Experience	Logic	Solitude
Calm	Exploration	Love	Spirituality
Certainty	Expressive	Loyalty	Spontaneous
Challenge	Fairness	Mastery	Stability
Charity	Family	Maturity	Status
Cleanliness	Famous	Meaning	Stewardship
Clever	Fearless	Moderation	Strength
Commitment	Feelings	Motivation	Structure
Communication	Focus	Openness	Success
Community	Freedom	Optimism	Support
Compassion	Friendship	Order	Surprise
Competence	Fun	Organization	Sustainability
Concentration	Generosity	Originality	Talent

Confidence	Genius	Passion	Teamwork
Connection	Giving	Patience	Thoughtful
Consciousness	Goodness	Peace	Timeliness
Contentment	Grace	Persistence	Tolerance
Contribution	Gratitude	Playfulness	Toughness
Control	Greatness	Potential	Traditional
Conviction	Growth	Power	Tranquility
Cooperation	Happiness	Productivity	Trust
Courage	Hard work	Professionalism	Truth
Courtesy	Harmony	Prosperity	Understanding
Creation	Health	Purpose	Unity
Creativity	Honesty	Quality	Victory
Credibility	Honor	Realistic	Vigor
Curiosity	Hope	Recognition	Vision
Decisiveness	Humility	Recreation	Vitality
Dedication	Imagination	Reflective	Wealth
Dependability	Improvement	Respect	Winning
Determination	Independence	Responsibility	Wisdom
Devotion	Individuality	Results-oriented	Wonder

Turning Values Into Action

Use the following table to turn your values into action.

In the left column list any number of values starting with “I am”.

In the second column, list examples of things you can do to reinforce those values, starting with “I will”.

(e.g., “I will try to understand my loved ones’ perspectives and try to find something in their motivations to sympathize with, especially when I disagree with them or I want them to change their behavior”)

Values	Action
e.g. I am compassionate	e.g. I will listen to and validate my loved ones’ feelings without trying to give unsolicited advice.

Exposure Therapy

Exposure therapy is a behavioral therapy that is aimed at helping people overcome fear and anxiety.

This is done by identifying situations that trigger fear and then gently exposing sufferers to them in a gradual way.

For example, if you struggle with social anxiety, gradual steps that will help you grow more confident could be:

- Going for a walk alone
- Walking in a busy mall
- Going somewhere you've never been before
- Maintaining eye contact during a conversation
- Sitting somewhere in a café you wouldn't sit normally
- Ordering something in a restaurant without rehearsing it in your mind
- Etc.

The goal here is to start with the least anxiety-provoking situation and repeat it until it's no longer a source of anxiety.

→ Based on the reflection you've done so far, choose one goal you want to work on using exposure therapy.

Then write down a list of action steps you can take toward that goal.

Order those steps and start with the least anxiety-provoking one.

Practice until you feel confident enough to move on to the next step.

Goal: _____

List of steps:

Requesting What You Need

1. Describe a situation where you need to ask for something important to you.

2. Clearly define what you need before you begin the role-play.

3. Role Play the scenario with a partner, or write out how you would communicate your need.

4. After each role-play, reflect on what went well and what could be improved.

Checking In with the Body

Research of Eugene Gendlin, recognized that we all experience nascent, yet meaningful, bodily sensations for which he coined the term, felt sense.

The felt sense of a situation or problem is different from an emotion. It is typically vague and unclear – something that you can sense but you might not pay attention to or name it.

For example, during an anxiety-provoking situation, you may feel tightness in your chest, or feel yourself blushing, or sweating.

The following exercise will help you use focusing on felt senses to bring relief:

1. Choose one problem to focus on without getting into details. Notice what you sense in your body as you focus on the whole of that problem.

2. How would you describe the felt sense?

3. Keep going back and forth between the felt sense and choosing a word to describe it until you find a perfect match.

If the felt sense changes, follow it with your attention.

4. Ask yourself, “What is it about the whole problem that makes me so (word that describe felt sense)?”

5. Now ask yourself, “What would it feel like if it was all okay?” Notice changes in your body.

6. Now ask yourself, “What can I do to get there?”

Are you there yet?

The following are signs of high self-confidence. Review them regularly and check off the ones that describe you:

- ☐ I have a realistic sense of my strengths and weaknesses.
- ☐ I have a sense of my inherent worth.
- ☐ I am comfortable asking for help and support.
- ☐ I am willing to take risks for my valued goals.
- ☐ When I'm trying something new and challenging, my thoughts don't paralyze me.
- ☐ I can cope with unexpected changes and tolerate uncertainty.
- ☐ I don't beat up on myself when I'm going through a rough time.
- ☐ I don't give up easily.
- ☐ I have a clear idea of what I value and what I want to stand for in life.
- ☐ My actions are usually in line with my values.
- ☐ I have healthy ways to cope with fear and doubt. I take time to reflect on my past successes.
- ☐ I realize not everyone will like or approve of me.
- ☐ I recognize failure as a part of life and something to learn from rather than avoid at all costs.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 9, 11, 14, 17, 19, 24. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use Confidence material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep Confidence explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 14, 19]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise exposure content on pages [1, 3, 24] to require consent, an objectively safe graded hierarchy, condition-specific response guidance, progress review, and stop/reassessment criteria; never equate flooding with effective exposure.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 14, 19] contain named, implied, or author-created screening/rating content; extracted candidate names include: Self-Assessment . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- For Confidence, exposure must be voluntary, graded, condition-specific, and conducted only in objectively safe and lawful situations. Do not prescribe flooding; screen medical limitations, trauma cues, dissociation, intoxication, and whether avoidance reflects real danger rather than phobic fear.

Crisis and current resources

- For Confidence, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
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2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://www.nice.org.uk/guidance>
- <https://988lifeline.org/>