



**AnxietyLab.org**

**3-4-5 Program Course**

**Power #3: Confidence**

Everyone has survived something.

Everyone has achieved something in their life.

True self-confidence is built up over time as a person lives through life's challenges.

Confidence is needed if we are going to over-come our anxiety.

If you are experiencing anxiety bad enough to have to work on it, then there must be some issue or memory or thing in your life that didn't go well. Something went wrong in your life at some point, and now you have anxiety. This happens to almost all thinking, feeling people at some point. Abuse survivors live with it constantly.

Fear and anxiety can develop when life doesn't go well or we have issues with a relationship or job or other problem.

Confidence is vitally important for a person's ability to meet their challenges and fix them.

### **Confidence building exercise #1**

Use your journal to notate a bad experience you've survived in your life, (don't use a serious trauma). Then write out how you handled it. How did you survive it?

## **Confidence building exercise #2**

In your journal, make a list of all the things you've accomplished in your life. This list should include all the seemingly simple daily tasks we all do that we don't think of as "accomplishments". But they should be considered accomplishments because just going to school most days can be very difficult for lots of people. Going to a grueling or unsatisfying job every day is an accomplishment.

These seemingly simple things should be celebrated and used to build more confidence.

### **List example:**

1. I've gone to school almost every day for 14 years! That's a lot!
2. I've paid my rent on time almost every month for \_\_\_\_ years.
3. I fixed my friend's \_\_\_\_\_ that time.
4. I helped that guy get his cat out of the tree.
5. I've survived 34 uncomfortable Thanksgivings with \_\_\_\_\_.
6. I survived all those years in a violent relationship.
7. I helped someone with their car.
8. My house is always clean.

Once you have a list, use it to build your sense of confidence to achieve more difficult things.

### **Example:**

If I did \_\_\_\_\_, then I can also do \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.