



COMPETENCE CREATES CONFIDENCE

*Why You May Not Have a Confidence
Problem*

**The Hidden Reason You're Still
Second-Guessing Yourself**

Dr. Tia Harris, PhD, LGPC

THE CONFIDENCE MYTH

Most People Have This Backwards

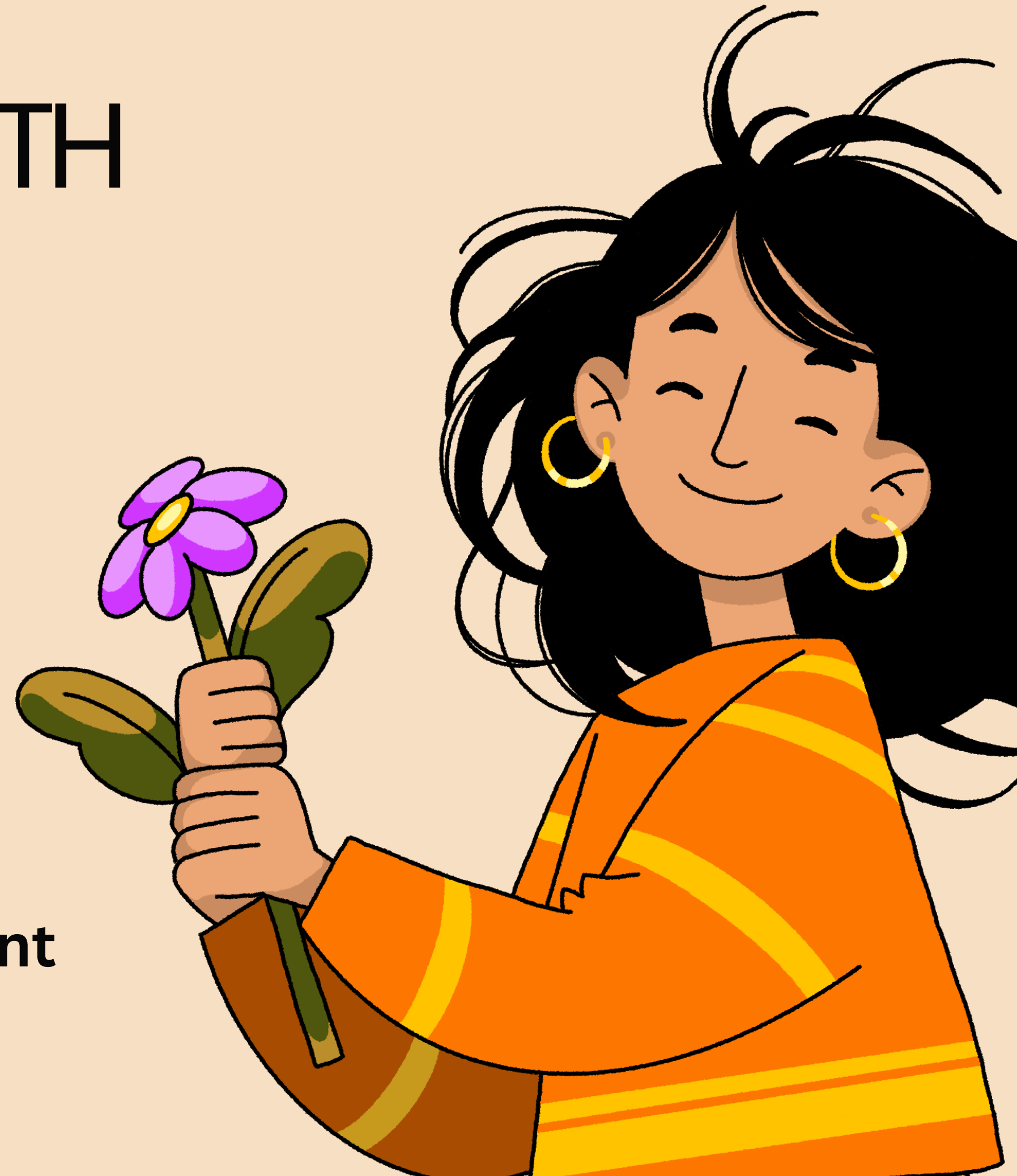
Most people believe:

Confidence → Action → Results

But real life often works differently:

Action → Competence → Confidence

What are you waiting to feel confident enough to do?





QUICK SELF-ASSESSMENT

Could Your Confidence Problem Actually Be Something Else?

Check all that apply:

- ☐ I wait until I feel ready.
- ☐ I overthink decisions.
- ☐ I compare myself to others.
- ☐ I avoid situations where I might fail.
- ☐ I downplay my accomplishments.
- ☐ I focus more on weaknesses than strengths.

If you checked several boxes, the issue may not be confidence. It may be self-trust, skill development, fear, or limiting beliefs.

CONFIDENCE AUDIT

Complete These Statements

One opportunity I have been avoiding is:

One reason I tell myself I can't do it is:

One skill that would help me feel more capable is:

One challenge I have already overcome is:

What does that experience say about me?





INVITATION

Ready to Stop Waiting for Confidence?

The questions in this guide are only the beginning.
Join Competence Creates Confidence, an 8-week virtual therapy group designed to help women:

- ✓ Understand self-doubt
- ✓ Strengthen self-trust
- ✓ Challenge limiting beliefs
- ✓ Build lasting confidence
- ✓ Rewrite the story they tell themselves



CONTACT ME:
DRTIAHARRISLGPC@GMAIL.COM
301-970-9175
bit.ly/DrTiaHarrisLGPC-PTProfile