

# **Confidence**

## **Social Anxiety West Topic Session**

This topic discusses confidence. The questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

### **Questions**

- **What is confidence?**
- **Where does confidence come from?**
- **What are some things you are confident about and some things you are not so confident about?**
- **Is confidence a feeling, an action, a thought or something else?**
- **What has been your strategy for building confidence?**
- **What might be some other ways you can build confidence? If you are not sure, how could you find out?**
- **What would help build more confidence – people telling you that you are a capable and likable person, or being assertive when someone treats you unfairly? Why?**
- **Does self-protection (i.e. avoiding challenging circumstances) build confidence or take it away? What are the reasons for your choice?**
- **What do we mean when we say we have confidence in someone else to do something for us? What does this tell us about having confidence in ourselves?**
- **What is the difference between confidence and arrogance?**
- **Do you believe that you are an unconfident person? Are you confident that you are right about this?**
- **How has this discussion changed your views on confidence?**