



FREE GUIDE AND PRACTICAL ACTIVITY

A-Z of Confidence & Self-Belief

A practical guide to noticing harsh self-talk, challenging it fairly and choosing words that support confidence rather than undermine it.

Why the way you speak to yourself matters

Thoughts, feelings and actions influence one another. When the same critical thought is repeated, it can begin to feel like a fact and affect what you notice, how you feel and what you do next. Pausing to examine it creates room for a fairer response and a different choice.

Challenging a thought is not forced positivity

It does not mean pretending everything is fine, ignoring a real problem or replacing a difficult thought with something you do not believe. It means asking whether the thought is fair, complete and helpful - then finding language that is more balanced and believable.

1 NOTICE IT

Catch the exact words your mind is using.

2 QUESTION IT

What is the evidence? What has the thought left out?

3 REWRITE IT FAIRLY

Choose a calmer phrase you could begin to believe.

4 SUPPORT IT WITH ACTION

Take one small step that fits the new message.

A SIMPLE EXAMPLE

Automatic thought

I always get it wrong. Everyone else can cope better than me.

More balanced thought

I am finding this difficult, but I have handled difficult things before. I can take one step at a time.



START WITH ONE THOUGHT THAT RETURNS OFTEN

Challenge it on paper

Writing the thought down can make it easier to stand back from it, check what it is telling you and respond more fairly.

1 What was happening?

Describe the situation or trigger as simply as you can.

2 What did I say to myself?

Use the actual words, even if they sound harsh, absolute or unfair.

3 What supports this thought?

Facts rather than fears or assumptions.

4 What has it left out?

Other facts, exceptions, strengths or context.

5 A fairer, more balanced thought

What could you say that acknowledges the difficulty without attacking or dismissing yourself?



BUILD A BANK OF BELIEVABLE WORDS

Your A-Z: A to M

Choose a word, phrase or sentence for each letter. It can begin with the letter or simply contain it. Leave any awkward letters and return later.

A few examples to get you started

A - allowed to ask for help. B - braver than I sometimes realise. C - calm is something I can practise.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____



CONTINUE IN YOUR OWN WORDS

Your A-Z: N to Z

A useful phrase does not need to sound impressive. It needs to feel personal, fair and close enough to the truth that you can use it.

For the awkward letters

The letter can appear anywhere in the phrase. X might become: I can eXperiment without getting everything right.

N

O

P

Q

R

S

T

U

V

W

X

Y

Z



TURN WORDS INTO SOMETHING YOU CAN USE

Choose three phrases for this week

You do not need to memorise the whole alphabet. Choose three phrases that answer the sort of critical thought you hear most often.

If a phrase feels unbelievable, soften it

Instead of 'I am completely confident', try 'I am learning to trust myself more' or 'I can take the next step even when I feel unsure.'

1

MY PHRASE

When might I need it?

One small action that supports it

2

MY PHRASE

When might I need it?

One small action that supports it

3

MY PHRASE

When might I need it?

One small action that supports it

Practise the phrase when the old thought appears, then pair it with one small action. Confidence is supported by what you repeatedly tell yourself and by the evidence you create through experience.