

**Page 44: Worksheet 1: Influences on me**

Growing up around people who lacked self-confidence
Growing up around people who were seemingly 'good at everything' when I found myself to be less so
Love and affection being seemingly dependent on success
Being around people who were self-critical and/or critical of me
Experiencing little love and/or affection
Being naturally more introverted or shy
Bereavements
Loss of key friendships – due to moving house, school or both
Having physical difficulties
Unusual experiences such as seeing or hearing things other people don't seem to hear or see
Having difficulties such as dyslexia, dyspraxia, dyscalculia making learning difficult
Experiencing bullying or indifference from my peers or siblings
Difficult relationships – be it friendships or sexual relationships

Worksheets from The Compassionate Mind approach to Building Your Self-Confidence using  
Compassion Focused Therapy by Mary Welford

Traumatic events such as physical, sexual or emotional abuse, being the victim of crime or being involved in some form of accident

Experiencing difficult teaching styles

Looking 'different' from other people

Issues related to my sexuality or identity

Other influences on me:

**Page 49: Worksheet 2: Key concerns and fears**

<b>Fears and concerns relating to my external world</b>
People will think badly of me or judge me
People will behave negatively towards me (verbally, physically, etc.)
Others will reject me
I will be isolated from people
Other fears and concerns I have in relation to my external world:
<b>Fears and concerns relating to my internal world</b>
My emotions will get the better of me or are dangerous
I will not be able to or cannot control my actions
The thoughts and mental images I have are dangerous
There is something wrong with me – physically or mentally
Other fears and concerns I have in relation to my internal world:

**Page 52: Worksheet 3: Intended and unintended consequences of your coping strategies**

Coping strategy	Intended consequence	Possible unintended consequences or drawbacks
Being as others want	Avoid rejection Avoid conflict Keep people happy <hr/> <hr/> <hr/>	Feelings of resentment towards other people Own needs are not met Exhausting <hr/> <hr/> <hr/>
Keep people at arm's length	Avoid rejection Avoid disappointment Avoid conflict <hr/> <hr/> <hr/>	Isolating Low mood Anxiety <hr/> <hr/> <hr/>
Always 'putting a happy or brave face on'/wearing a 'mask'	Avoid rejection/disappointment <hr/> <hr/> <hr/>	Exhausting No one knows the true you Prevents a feeling of true acceptance from others <hr/> <hr/> <hr/>

**Page 72: Worksheet 4: Threat mindset versus compassionate mindset**

	<b>Threat mindset</b>	<b>Compassionate mindset</b>
What thoughts might have been running through Jim's mind?		
Where would Jim's attention be focused?		
What emotions is Jim likely to experience?		
What feelings might Jim experience in his body?		
How might Jim hold himself/what would his posture be likely to be in this situation?		
What would Jim be motivated to do?		

**Page 97: Worksheet 5: Accepting compassion from others**

Pros	Cons	Things you can do or say to yourself to help you with these cons

**Page 98: Worksheet 6: Developing self-compassion**

<b>Pros</b>	<b>Cons</b>	<b>Things you can do or say to yourself to help you with these cons</b>

**Page 171: Worksheet 7: My own compassionate alternative thoughts and images**

Undermining thoughts/images	Compassionate alternative thoughts/images



**Page 181: Compassionate letter writing to build your self-confidence**

**Template**

*It is understandable that I have found it difficult to build my self- confidence because*

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(Tip: include both past experiences and current circumstances - gently, with warmth, attempt to convey empathy and understanding in what you write.)

*It is understandable that I have developed concerns and fears about*

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**Page 210: Worksheet 8: Compassionate behavioural experiment worksheet**

*The step I am now going to take is:*

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*The things I can do to help me prepare for this are:*

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*The potential obstacles I can see are:*

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*I can do the following things to help me negotiate the obstacles:*

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**Page 215: Worksheet 9: My reflections on my compassionate behavioural experiment**

*The step I took was:*

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*How did the exercise go in general?*

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*The things I learnt about myself through the exercise were:*

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*The things I learnt about other people through the exercise were (optional depending on the action taken):*

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**Page 254: Worksheet 10: My personal practice plan for the future**

*Things I have found helpful and would hope to practice daily:*

*What will help me keep up this practice?*

Things that I have found helpful and would hope to practice weekly:

What will help keep up this practice?

Things that I have found helpful and would hope to practice at certain intervals:

What will help me keep up this practice?

Things that I have found helpful and would hope to practice when times are difficult:

What will help me keep up this practice?

Things that I have found helpful and would hope to practice when things are going well:

What will help me keep up this practice?