

Confidence-Building Worksheet

Create evidence through graded practice, feedback, and action.

Web version: <https://beyondpsychub.com/confidence-building-worksheet/>

Matching assessment: <https://beyondpsychub.com/confidence-self-efficacy-assessment-coaching/>

Use this worksheet after the Confidence and Self-Efficacy Assessment to build confidence through evidence, graded practice, useful feedback, and action rather than waiting to feel completely ready.

Important disclaimer

This worksheet is for coaching, education, personal development, and self-help purposes only. It is not a diagnostic tool for anxiety, depression, trauma, social anxiety, or any other medical or mental-health condition. If low confidence is accompanied by persistent distress, severe avoidance, panic, trauma symptoms, self-harm thoughts, or major difficulty functioning, discuss your situation with a qualified medical or mental-health provider.

Step 1: Choose One Confidence Area

Situation or skill

What I want to be able to do

What currently gets in the way

Step 2: Build an Evidence File

Evidence	My example
A difficult skill I learned before	
A challenge I handled better than expected	
Useful positive feedback I have received	
A strength I can apply here	
A recent small win	

Step 3: Separate Fear From Ability

What I fear may happen _____

Evidence supporting that fear _____

Evidence that does not support it _____

If the feared outcome happened, _____
what could I do next? _____

Step 4: Create a Five-Step Confidence Ladder

Level	Practice step	When I will try it
1 - Very easy		
2 - Low risk		
3 - Moderate		
4 - Stretch		
5 - Larger challenge		

Step 5: Plan Useful Feedback

Who can give specific feedback? _____

What exact behaviour will I ask about? _____

How will I separate feedback from my self-worth? _____

Step 6: Seven-Day Action Experiment

Action I will take before I feel fully confident _____

When I will do it _____

Success means

What I will record afterward

Success definition: For this experiment, success means completing the planned action and learning from it - not controlling the outcome.

Key Takeaways

- Confidence grows through evidence and practice.
- Action can come before confidence.
- Small challenges create useful mastery experiences.
- Specific feedback is more helpful than vague praise or criticism.

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