

Self-Assured! Nevertheless Skill-Building Worksheet

For the next several days, select three events or situations that have the potential to erode your confidence and self-esteem.

In response to each event or situation, create an even though... nevertheless statement. Ideally, try to use the statement during the event or situation. However, it is also useful to practice this skill afterward. To reinforce the skill, briefly describe each event of situation in the second column, record the even though... nevertheless statements used in the third column, and then describe the effect saying that statement had on yourself and your emotions.

	Event/Situation	Statement Used	Effect
Day One/Date: 1. 2. 3.			
Day Two/Date: 1. 2. 3.			
Day Three/Date: 1. 2. 3.			
Day Four/Date: 1. 2. 3.			
Day Five/Date: 1. 2. 3.			