The Confidence Reset Rebuilding My Self Worth

A gentle way to use this resource

Begin anywhere. Read one section at a time, choose only what fits, and skip, adapt, pause, or stop as needed. Try one practice before adding another. Reflection is an invitation, not a requirement.

Created by Michelle D. Elder, MSW, LMHC | My Reflective Collective

Educational wellness material. Not therapy, diagnosis, medical advice, crisis care, or a substitute for individualized professional support.

Before you begin

Take a moment to notice where you are starting. There is no correct answer and no requirement to complete every prompt.

What is most present?	What would feel supportive?
[ ] Tension or restlessness [ ] Heavy emotion [ ] Numbness or shutdown [ ] Racing thoughts [ ] Low energy [ ] Something else: _____	[ ] More steadiness [ ] More clarity [ ] Comfort or rest [ ] A practical next step [ ] Connection or support [ ] Something else: _____

A simple rhythm

1. Notice	Name what is happening without judging it.
2. Choose	Select one prompt or practice that fits your energy and circumstances.
3. Try	Use it gently for a clear amount of time. Smaller still counts.
4. Check	Notice whether you feel even slightly steadier, clearer, safer, or less alone.

Low-energy option

Read only the headings. Circle or note one sentence that feels useful. Then choose one action that takes five minutes or less. You can return later; stopping is allowed.

A person-centered worksheet for practicing self-respect, believable encouragement, and inner steadiness.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

Please read before using this resource

The Confidence Reset_ Rebuilding My Self-Worth

Self-Worth, Affirmations & Self-Compassion

This does not replace therapy This worksheet is a general educational and self-reflection resource. It is not individual therapy, group therapy, counseling, medical or psychiatric care, diagnosis, treatment, legal advice, or crisis intervention. It may be used alongside therapy or other qualified professional support when that is appropriate for you, but it does not replace those services.

Use choice and care You may skip a question, adapt an activity, pause, or stop. Some topics or exercises may bring up discomfort, strong emotions, memories, dizziness, or physical sensations. Clinical or wellness terms are used only for general education and are not a personalized assessment or recommendation.

Seek appropriate support

Consult an appropriately qualified professional about your individual mental health, physical health, medications, safety, legal matter, or treatment decisions. No outcome is promised, and information or external links may change.

Emergency and crisis needs text 988 for suicide or crisis support. Call 911 for an immediate emergency when that is safe and appropriate. Outside the United States, use local emergency or crisis resources.

Created by Michelle D. Elder with AI used as a collaborative drafting and organizing tool to support self-growth and reflection. AI-assisted material can contain errors or oversimplifications. This resource has educational intent and should not be treated as personalized professional judgment. reviewed for web immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health

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The Confidence Reset: Rebuilding My Self-Worth

The Confidence Reset: Rebuilding My Self-Worth, focuses on restoring personal empowerment by identifying and challenging limiting beliefs, building assertiveness, and fostering self-compassion.

Scientifically,

boosting self-worth has been linked to improved mental health, resilience, and motivation.

Research

in psychology shows that

higher self-esteem enhances emotional regulation, well-being, and overall life satisfaction.

Here are several detailed exercises that can help you reconnect with the confident, assertive version of yourself, build your self-worth, and manage feelings like jealousy.

These

exercises incorporate self-compassion, cognitive behavioral therapy (CBT), mindfulness, assertiveness

training, and values clarification.

1. Cognitive Behavioral Therapy (CBT) Thought Records

Goal : Identify and challenge negative thoughts that are holding you back. How to

do it :

l Step 1 : Write down a recent situation that triggered negative thoughts (e.g., jealousy, self-doubt, or frustration with where you are in life). l Step 2 : Identify the automatic thought (e.g., "I'll never be like the version of myself I used to be" or "I'm not as good as others"). l Step 3 : Ask yourself:

- What's the evidence for and against this thought?
- Are there any cognitive distortions at play (e.g., all-or-nothing thinking,

catastrophizing)? _____
_____

- What would I tell a friend if they had this thought? l Step 4 : Come up with a balanced thought (e.g., "I'm doing my best and taking steps to reconnect with my assertive self.

Progress

takes time."). l Step 5 : Reflect on how you feel after challenging the thought.

Example Thought Record:

l Situation : I saw someone on social media who seems to have it all together. l Automatic Thought : "I used to be confident and assertive, but now I'm just falling behind." l Evidence For : "I feel like I'm not as confident as I used to be." l Evidence Against : "I've been working hard on myself and have made progress, even if it's not visible to everyone." l Balanced Thought : "I'm not the same as I was, but I'm growing in new ways. I can regain my confidence with small

steps." l New Feelings : Empowered, hopeful.

2. Self-Compassion Letter

Goal : Practice self-kindness and forgiveness. How to do it :

l Write a letter to yourself, acknowledging the challenges you're facing and offering yourself compassion.

Imagine

that you're writing this letter to a close friend who feels the same way you do. l Include these components :

- Acknowledge the emotions you're feeling (e.g., jealousy, frustration).
- Recognize that these emotions are part of being human.
- Offer words of comfort and understanding (e.g., "It's okay to feel this way. You are doing your best, and that's enough.").
- Remind yourself of your strengths and accomplishments, and express hope for the future.

Example :

"Dear

Me,

I

see you're feeling lost and disconnected from the confident, assertive person you once were.

That's

okay.

It's

normal to go through

periods where we feel out of touch with ourselves.

Just

because you've felt lost doesn't mean you've failed.

In

fact, you're doing the important work of healing and growing.

You

are strong,

resilient, and capable of becoming the person you want to be again.

It's

okay to take small steps, and you are worthy of love and understanding, from others and from yourself.

Remember,

every day is a chance to reconnect with that person you admire-and she's still within you."

3. Mindful Awareness of Jealousy

Goal : Become more aware of jealousy and use it as an opportunity for self-reflection. How to do it

:

l Step 1 : When you feel jealous or frustrated, pause and take a deep breath.

Acknowledge

the emotion without judgment (e.g., "I feel jealous

right now, and that's okay"). l Step 2 : Reflect on what specifically triggered this feeling. Is it something you want for yourself? _____
_____

Something

that's missing in your life right now?

_____
_____ l Step 3 : Ask yourself: What can I learn from this feeling? Is there a deeper need or desire that

I

need to address? _____
_____ l Step 4 : Shift your focus by practicing gratitude. What are three things you appreciate about your current life or

yourself in this moment? _____
_____

Write

them down.

Example :

l Trigger : Seeing a friend post about a promotion or success. l Jealous Thought : "I'll never be successful like they are." l Self-Reflection : "I'm jealous because I also want recognition and success in my career.

What

can

I

do today to take a step toward my own goals?" l Gratitude : "I'm grateful for my family, my health, and the small progress I've made each day."

4. Assertiveness Practice with "I" Statements

Goal : Build your assertiveness and learn to communicate your needs. How to do

it :

l Step 1 : Think of a recent situation where you felt someone's behavior was inappropriate

or unprofessional, but you didn't speak up. l Step 2 : Write a script for how you could assertively communicate your feelings in the future, using "I" statements (e.g., "I feel frustrated when…" or "I need you to…"). l Step 3 : Practice this script in front of a mirror or with a trusted friend. Say it aloud and focus on remaining calm and confident.

Example :

l Situation: A colleague interrupts you frequently in meetings. l Script : "I feel frustrated when I'm interrupted during meetings because I want to fully

share my ideas.

I

need us to have more space for everyone to contribute without interruptions." Additional Tips : Practice your tone of voice to stay calm and assertive, not aggressive.

5. Values Clarification Exercise

Goal : Identify your core values and use them as a guide to make empowered decisions. How to do it

:

l Step 1 : Reflect on what truly matters to you. What values do you hold dear? Some examples might be authenticity, honesty, independence, creativity, or family.

l Step 2 : Rank these values in order of importance. What's the top priority in your life right now?

_____
_____ l Step 3 : Consider how your actions align with your values. Are there areas of your life where you're compromising these values?

_____
_____

If

so, what changes can you make to live more authentically?

_____
_____ l Step 4 : Use your values as a compass for decision-making. The next time you face a challenge or opportunity, ask yourself, "Does this

align with my core values?"

Example :

l Core Value : Authenticity l Action : "I'll stop pretending to be okay when I'm not, and start speaking more openly about my feelings and needs, even if it feels uncomfortable."

6. Small Wins Journaling

Goal : Reconnect with your confidence by celebrating small achievements. How

to do it :

l At the end of each day, write down three small wins -things you did today that brought you closer to the person you want to be (even

if they seem small). l Reflect on how these wins align with your values, and recognize your growth. l If you're feeling stuck, it's especially important to document your wins as this helps you see that you're making progress, no matter how small.

Example :

l Win 1 : I set a boundary with my colleague today by saying no to extra work that wasn't my responsibility. l Win 2 : I practiced self-care by taking 10 minutes to meditate before bed. l Win 3 : I expressed my feelings to my partner about how I've been feeling, which felt vulnerable but necessary.

By regularly engaging in these exercises, you'll start to reconnect with that assertive, confident version of yourself.

Over

time, you'll notice

that your self-talk becomes kinder, your boundaries become clearer, and you start feeling more aligned with your core values.

These

small but consistent actions will help you rebuild your self-worth and confidence.

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Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

Read/listen to this worksheet online https://myreflectivecollective.com/worksheet-reader.html?file=the-confidence-reset-rebuilding-my-self-worth.pdf Positive affirmations and short mantras

Scan to read/listen

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They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

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SAFETY, PRIVACY & EDUCATIONAL USE

MY REFLECTIVE COLLECTIVE - MICHELLE D. ELDER, MSW, LMHC

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency

number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible. _____ _____ Privacy and safer searching
If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age,

literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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Supportive practices and reminders

Trauma-informed choice

You are in charge of pace, privacy, and participation. Keep your eyes open if that feels safer. Change the words, position, movement, or environment. Skip any prompt that increases distress. You never have to describe a traumatic experience to benefit from grounding or reflection.

A one-minute mindfulness pause

Notice one point of support beneath you. Look around and name three neutral things you see. Notice one sound and one body sensation without trying to change either. Ask, 'What would support me in the next few minutes?' Choose the smallest workable response.

Believable affirmations

Choose language your mind can accept. Try: 'I can take one step at a time.' 'My needs and boundaries matter.' 'I am allowed to pause.' 'I can ask for support.' 'This moment is difficult, and it will not always feel exactly like this.' Edit any statement until it feels honest and respectful.

Practical tips

Pair reflection with water, food, movement, rest, medication as prescribed, or contact with a safe person when needed. Save the most helpful page where it is easy to find. Revisit the resource when you are relatively steady so the choices feel familiar during harder moments.

When more support is appropriate

A worksheet cannot provide emergency care, diagnosis, or individualized treatment. Consider a qualified health or mental-health professional when distress is intense, persistent, worsening, affecting daily functioning, or connected with safety concerns. In immediate danger, contact local emergency services or a crisis service available in your country.

Integrate and choose your next step

Pause after reading. More information is not always more helpful; the goal is to leave with one choice you can actually use.

What stood out?

_____

_____

What is one kind, realistic next step?

_____

_____

What support, boundary, or adaptation would help?

_____

_____

If this did not help

You did not fail. Try making the step smaller, changing from a thinking practice to a body or sensory practice, checking basic needs, or involving a safe person. Strong, persistent, or worsening distress may need professional or crisis support beyond a worksheet.