

# Taking stock

**Where did your lack of confidence come from?**

When did you first notice it? Are there any experiences that you think contributed or made it worse?

**What were your main negative thoughts?**

**What kept them going?**

Think about self-focus, behaviour traps and the feelings and images you relied on to judge how you came across.

**What have you learnt in this book?**

Refresh yourself by looking at the different chapters. What did you find helpful? What has stuck with you?

**How will you deal with setbacks?**

What kind of things might set you back or knock your confidence? What will you do to get back on track? Think about the skills you have learnt in this book that might help.

**How will you build on your progress?**

What are your next steps for building your confidence? Are you still avoiding anything or hiding away? Are there opportunities you could make the most of?