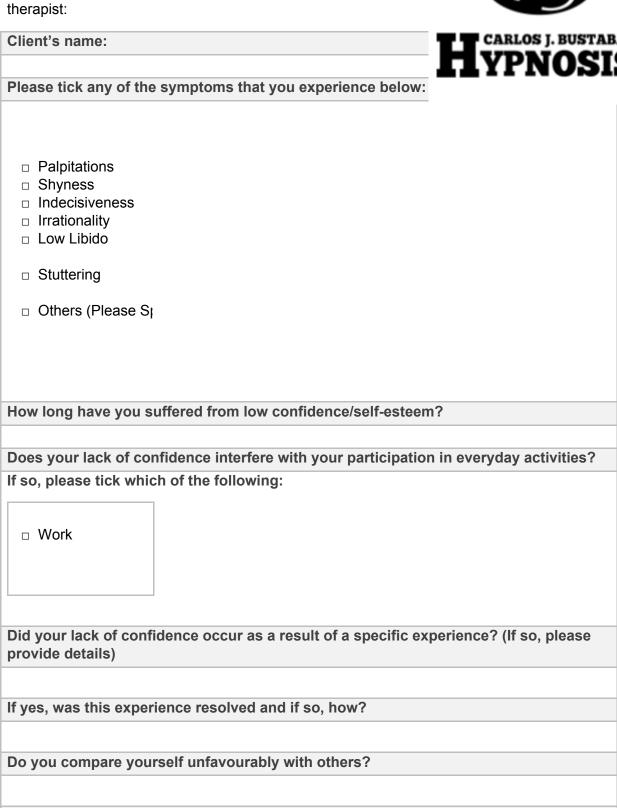
PRIVATE AND CONFIDENTIAL

Confidence Questionnaire

Please answer the questions below and return this form to your therapist:



Do you find it difficult to give your opinion within group settings?

Do others ever comment on your lack of confidence? (If so, please provide details)					
How do you cope with this?					
Do you play down your own abilities and qualities?					
Do you feel that others expect more from you than you feel able to give?					
Do you try hard to please everyone?					
Do you feel that other people take advantage of you?	(If so, plea	se provide d	etails)		
Are there particular situations where you feel unable to provide details)	assert yo	ourself? (Plea	ise		
How do you typically respond to these situations?					
Please rate the quality of your relationship with others	(see belov	w):			
Thouse rate and quanty or your relationship than outside	(000 00:0:	,.			
	Fair	Moderate	Good		
Mother					
Father					
Partner					
Other Relatives					
Children					
Work Colleagues					
Superiors					
Children					
Neighbours					
Friends					

Do specific situations trigger your lack of confidence? If yes, please specify:				
Do you employ any specific techniques to cover up your lack of confidence? If so, please list below:				
Briefly describe your	early childhood:			
Have you ever sought	t holp from a			
nave you ever sough	i lieip iroili a			
□ Psychologist?		□ General Practitioner?		
□ Community Nurse?	□ Alternative/Complementary	□ Other?		
Nuise?	Therapist?			
Have you previously	discussed your lack of confidence	e with a medical adviser?		
Trave you previously (discussed your lack or confidence	with a medical adviser.		
If so, are you receivin	g treatment for this?			
Do you tend to bottle	up your problems?			
Do you speak too lou	dly or mumble in order to cover t	up your lack of confidence?		
Do you withdraw from	n other people in certain situation	ns? If so, please provide details:		
Have other members	of your close family suffered from	n a lack of confidence?		

If so, who and how does this affect them?
Do you identify with a particular parent? If so, please provide details.
Do you have any role models? (Or people whose qualities you admire?) Please list below:
What is it, specifically, that you admire about this or these people?
Which period of your life was the happiest?
What are your 3 happiest memories?
When was the last time your self-confidence was high?
Please describe where this was and what you were doing.
Why do you think you felt more confident at this particular time?
Do you have a caring support structure?
Who would you normally turn to in order to confide any problems?
Is your life generally well-organized?

Are there any situations which you have been/are currently avoiding tackling?
Do you have any specific needs that are not being met?
Do you feel under pressure? If so, please elaborate:
On a scale of 1 to 10, (ten being the highest) how happy are you with your life at present?
What specific things do you think would need to happen for you to feel better?
Out of this list, which do you feel that you have control over?
Out of this list, which do you feel that you have control over?
Out of this list, which do you feel that you have control over? What, if anything, do you feel you would need to do in order to effect this change?
What, if anything, do you feel you would need to do in order to effect this change? Please list any obstacles that you believe are preventing you from effecting this
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What, if anything, do you feel you would need to do in order to effect this change? Please list any obstacles that you believe are preventing you from effecting this change: If a lack of confidence was not a problem for you, what would you like to see yourself doing in one year's time?

What do you consider to be your best qualities / assets?
Do you have an active social life?
What qualities do your best friends or closest relatives appreciate about you?
What are your biggest achievements in life so far?
Do you have any particular talents?
What is now motivating you to tackle your confidence issue?
Name one specific change in your behaviour will indicate to you that your confidence is increasing.