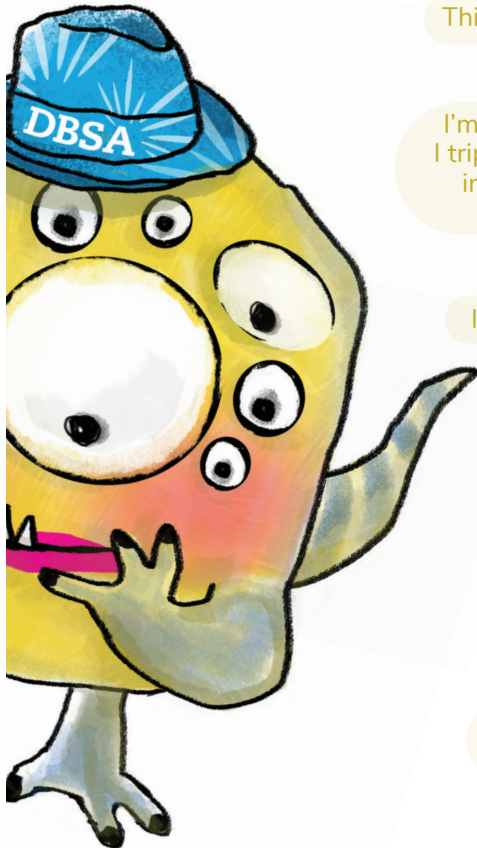


Tripping into Confidence

Embarrassed



Confident, can I talk to you for a second?

Sure, Embarrassed. I love talking to you!

You do?

Well, yeah. I think you're great!

Oh. Well, ok.

What's up?

This is hard for me to say.

I'm listening.

I'm embarrassed because I tripped over my shoelace in front of everyone and they all laughed at me.

How does that make you feel?

I feel bad about myself.

I'm sorry you feel bad about yourself.

Me too.

But hey—sometimes I do things that I get embarrassed about, too.

Really? Like what?

One time at lunch I spilled ketchup all over my shirt. It was a mess! Everyone was laughing at me.

That is embarrassing! What did you do?

I made a joke! I said, "Hey, everyone, it looks like my shirt likes this ketchup as much as I do!"

What did everyone do after you said that?

They all laughed at my joke instead of my clumsiness.

Confident



Depression and Bipolar
Support Alliance

©2020 Depression and Bipolar Support Alliance

Tripping into Confidence

Confident

Oh. I wish I could have made a joke.

It's ok, everybody gets embarrassed sometimes.

But I don't like the way it makes me feel.

I know, it doesn't feel good. What's another time you felt embarrassed?

One time I didn't brush my hair before school and the other kids laughed at me.

How long did you feel bad about that?

I don't remember.

I bet it wasn't long. Feelings don't last forever.

I guess not.

We're all human, and nobody is perfect.

You're right.

And sometimes when I feel embarrassed about something I did, I remind myself of that.

I'll try that too.

I'm glad you told me how you feel.

Me too.

How do you feel now?

I feel better because I talked to you.

Good! Then let's play kickball!

Okay!

Embarrassed



Questions for learning:

- What helped **Embarrassed** to feel better?
- When have you felt embarrassed?
- **Confident** reminds herself that nobody is perfect. What can you say to yourself when you feel embarrassed?
- If you see someone else who's embarrassed, can you talk to them about it?