



Confident

Feeling confident is feeling sure that things are going well. When we feel confident, we feel good about ourselves.

Times we might feel **confident**:

- When we get a good grade on our homework
- When friends tell us we have done a good job
- When we feel proud of an accomplishment

When we feel **confident**, our body might feel like:

- We are standing up straight and tall
- We are ready to speak up and say what we think
- We have more energy than normal

Understanding Confident / Questions for learning:

What are some times a person might feel **confident**?

When you feel **confident**, what does your body feel like?

Write about a time that you felt **confident**. What was it like?



Depression and Bipolar
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