

Confident's Cape



Hi! I'm **CONFIDENT**
from the **DBSA Mood Crew!**

Sometimes it's hard to feel confident, which is why I always have my Confidence Cape ready to put on.

MAKE YOUR OWN CONFIDENCE CAPE

My cape reminds me of all the ways I am proud of and feel good about myself. When I am feeling unsure of myself, it's helpful to remember I am strong!

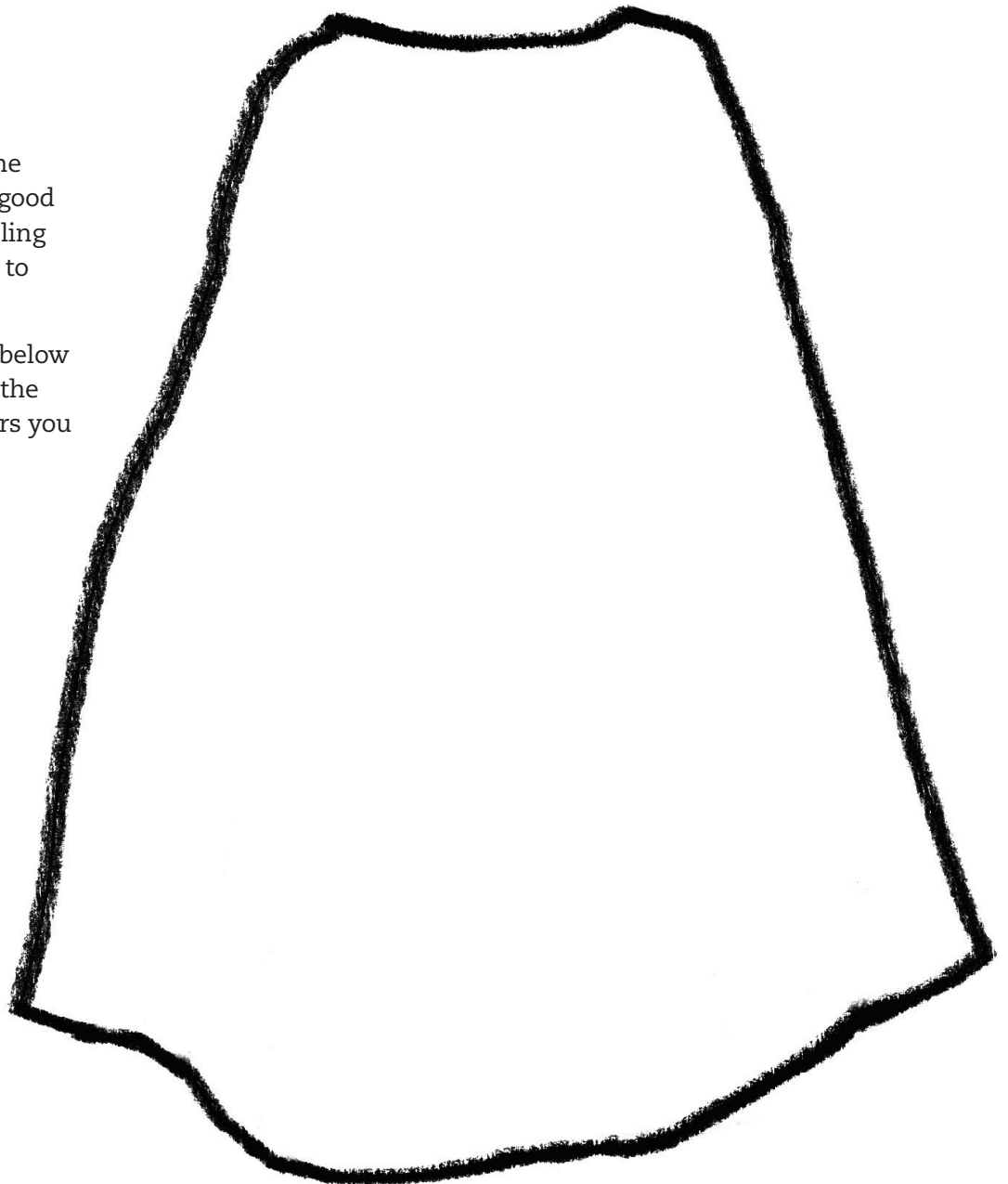
Think about the statements below and fill in your cape with all the words, drawings, or reminders you need to help you feel strong!

A time I was proud of myself was when...

I think a talent of mine is...

A time I felt strong was when...

My greatest strength is...



Depression and Bipolar
Support Alliance

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