



# 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**?

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

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

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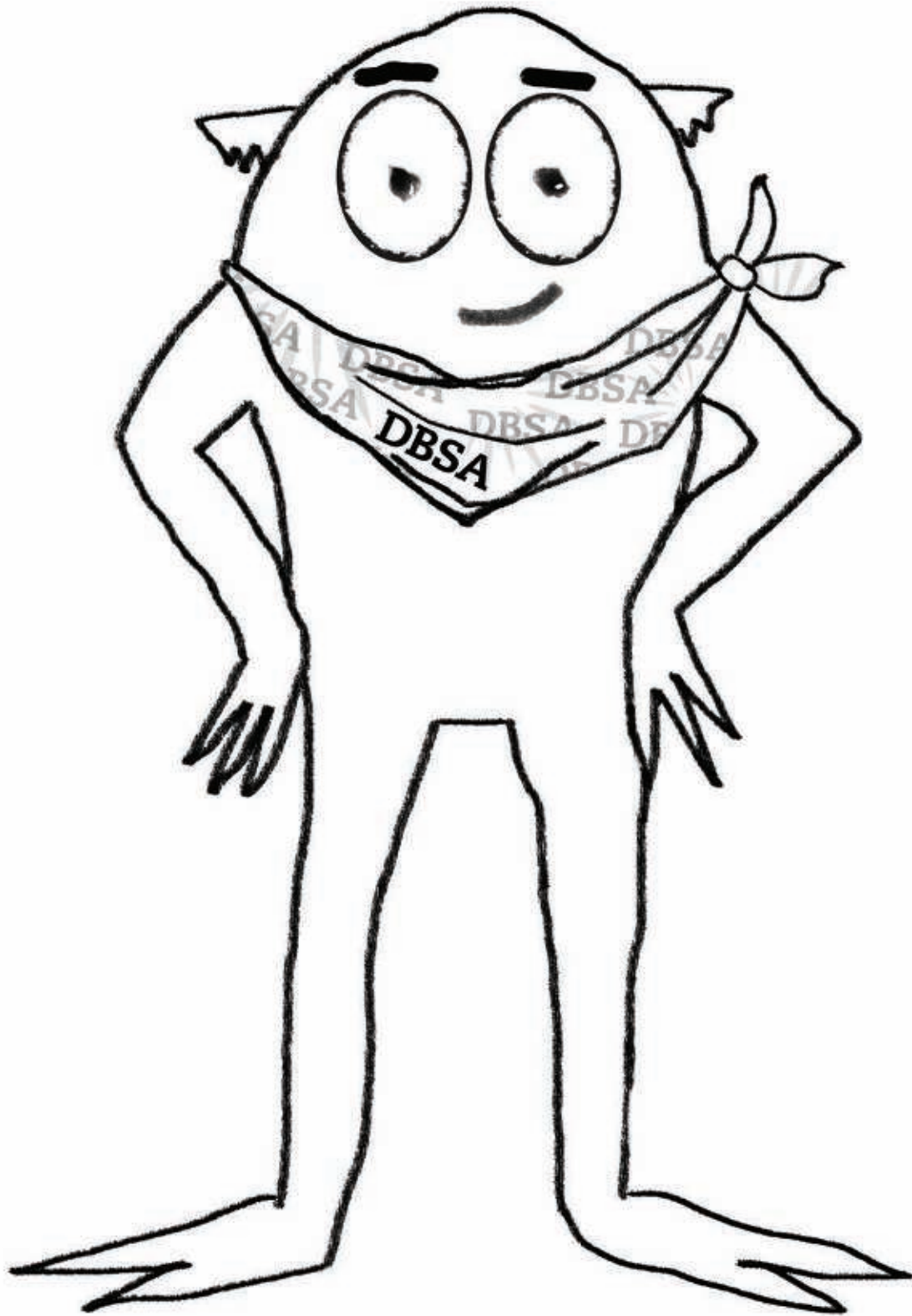
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**I'm Confident.**

# 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!

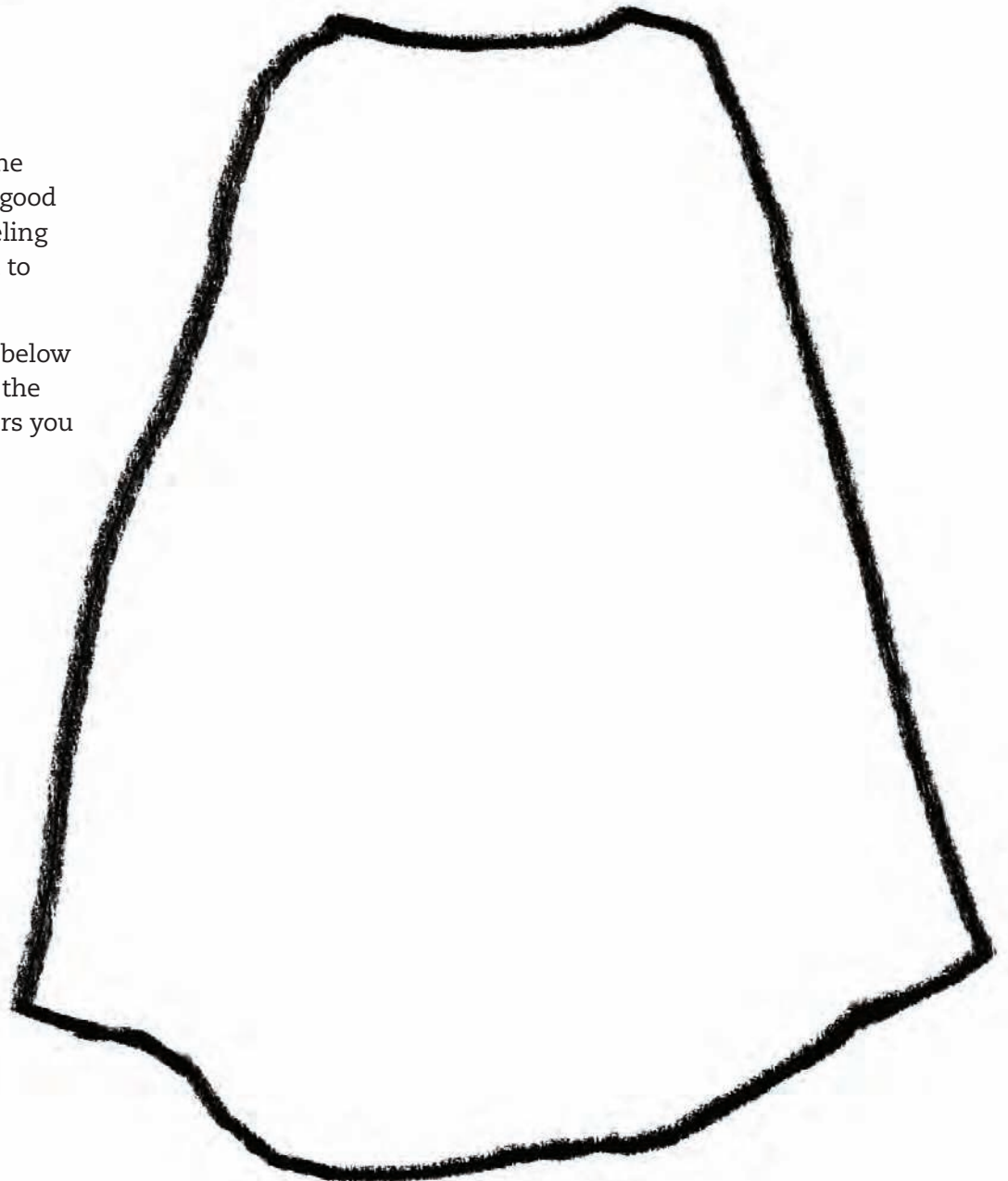
Think about the statements below and fill in your cape with all the words, drawings, or reminders you need to help you feel strong!

**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...**



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