A PAUSE, A PRACTICE, A NEXT STEP

Building Confidence

Small experiences can help you trust your next step.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Pick one specific skill

Choose something small: asking a question, making a call, or beginning a task. Define what trying will look like.

01 / Notice and reflect

What do I want to practice?

02 / Notice and reflect

What is a small enough step?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Ask for help if anxiety, low mood, or harsh self-judgment blocks valued activities. Support can help you practice at a useful pace.

Read more: VA Veterans Health Library · Building self-esteem

More tools and immediate support: Our Healing Room / Crisis Support.