|  |  |
| --- | --- |
| Name of young person |  |

|  |
| --- |
| Notes |

How confident are you feeling about yourself?

I know the things I am good at



Never Not often Sometimes Very often Always

    

I enjoy trying to do new things



Never Not often Sometimes Very often Always

    

I am good at asking for help.



Never Not often Sometimes Very often Always

    

I am comfortable going into different places or situations.



Never Not often Sometimes Very often Always

    

I am comfortable meeting new people.



Never Not often Sometimes Very often Always

    

How are you feeling about yourself?

Most of the time, I feel good about myself.



Never Not often Sometimes Very often Always

    

At times I think I don’t do well. (*Note scale changes*)



Always Very often Sometimes Not often Never

    

I feel I try my best at things.



Never Not often Sometimes Very often Always

    

I think I am just as valuable as other people.



Never Not often Sometimes Very often Always

    

I am comfortable with who I am.



Never Not often Sometimes Very often Always

    

Talk about the people you know:

People who care about me (inner circle)

People I can talk to about anything (second circle)

People I really like being with (third circle)

People I talk to and hang around with (outer circle)

What do you do locally?



