



Universal Mom®



Building Self-Confidence for the Introvert or Extrovert

Handout 2

Confidence is the ability to feel comfortable in most situations and to believe you have a place in the world.

On a scale from 1 to 10 (10 being very self-confident), what number would you select for you?
_____ Your best friend? _____

Please explain the difference in scores. If no difference, why do you think you are so alike?
