

## **CONFIDENCE BUILDING AND ANXIETY-REDUCING RATIONAL BELIEFS**

Just because things are not succeeding today does not mean I'm a "no-hoper" or that I will not succeed in the future.

While it is very desirable to achieve well and be recognized by others, I do not need achievement or recognition to survive and be happy.

Mistakes and rejections are inevitable. I will work hard at accepting myself while hating my mistakes and setbacks.

My performance at work — perfect or otherwise — does not determine my worth as a person.

Things are rarely as bad, awful, or catastrophic as I imagine them to be.

I accept who I am, even though I may not like some of my traits and behaviors.

There are many things about me that I like and do well (enumerate them).

I have done many things at work successfully in the past, I will succeed in the future.

I am intelligent and talented enough to learn what I have to do and how to do it in order to accomplish my goals.

I am confident that everything will turn out okay given that I have my goals, know what to do, and work hard.