



## 5 Simple Questions to Elicit Self-Confidence:

The way each person express and experiences their beliefs will be different but the structure will be largely the same. So, here are the questions that elicit the structure:

1. How specifically do you want to be confident about yourself?  
(e.g. do you want to be confident in your ability to win a race, create set shots, come in on par etc)

2. How are you behaving/ performing now in relation to your previous answer?

3. Which belief specifically sustains this behaviour?

4. What's the purpose/intention of this belief (what do you get)?

5. Repeat question 4 until the answer gets to a level where the desired behaviour could be easily generated – for example, mental state facilitated accurate kicking. Also check the answer is stated in the positive (i.e. what it is instead of what it's not e.g. 'don't miss shot' may become 'hit target') and where choice is opened up.

**Tip:** Devise alternative ways of directly meeting the intention stated in 5 and rehearse them until they occur naturally.