

Self Trust Check Tool

Purpose

To strengthen self-trust by noticing moments of competence you already have — not by demanding certainty.

Step 1: Pause & Settle

Take one slow breath.

Right now, my self-trust feels:

- ☐ Shaky
 - ☐ Mixed
 - ☐ Growing
 - ☐ Steady
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Step 2: Notice What's Already Working

Write one example — big or small:

A situation I handled reasonably well was:

What I did that helped:

("Handled well" includes showing up, trying, adjusting, or asking for support.)

Step 3: Name the Capability

Circle or write one quality you showed:

- ☐ Problem-solving
- ☐ Persistence
- ☐ Boundaries
- ☐ Emotional awareness
- ☐ Follow-through
- ☐ Flexibility
- ☐ Self-advocacy

Another quality I notice:

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Step 4: Let It Count

Complete the sentence:

This reminds me that I am capable of:

(You're building evidence, not ego.)

Reflection

Self-trust doesn't appear overnight.

It builds through recognition of what you're already doing well.