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There are no hopeless situations or people.

The Thoughts/Confidence Inventory

Psychologists, motivational speakers, pastors, army commanders, and business leaders agree that most battles are won or lost in the mind. Thoughts are either an enemy or an advocate. In the world of your private thoughts, there is a significant relationship between what you think and how confident you feel and act.

When you take an inventory of your thoughts, you will become aware of your self-criticisms. You will also realize how convinced you are of the truth of the criticisms. The thoughts/confidence inventory allows you to read your own mind revealing mindsets and self-defeating perspectives.

In column 1, rate yourself on a scale of 0 – 4 as to the truth of the statement.

0 – strongly disagree 1 – disagree somewhat 2 – neither agree or disagree 3 – agree somewhat 4 – strongly agree

In column 2, rate yourself on a scale of 0 – 4 as to how often you have these thoughts.

0 – never 1 – rarely 2 – sometimes 3 – often 4 – always

Table with 2 columns (1 and 2) and 16 rows of statements for rating.

Evaluation of Inventories

Your personal inventories are for your eyes only. They are a present evaluation: a barometer of your situation today. Over the next several months, if you practise what you learn in this program, your barometer will change, indicating an improvement in your confidence level.

Personal inventories generally reveal three things.

Your situation may not be as overwhelming as you thought.

In that case you may have experienced some level of hope already.

Your situation is exactly what you expected.

In that case, your self-awareness is accurate and healthy.

Your situation may be worse than you thought.

In that case, you have moved past avoiding the issues and have exposed them to the truth. You are now in a position to experience great personal growth through this program.

Breaking It Down

Your **Thoughts/Confidence** inventory reveals the types of negative thoughts you are having and how invasive they are. Consider working on the statement that when adding the scores from column 1 and column 2 together, are seven or higher. These are your most dominating thoughts. You may also be able to relate your most dominating thoughts to one of these thought vulnerabilities.

- The need for love or approval.
- A sense of hopelessness or helplessness.
- Fear of imperfection.
- Condemning thoughts of guilt or shame.

Lower scores reveal the areas where more positive thoughts dominate. Exposing your thoughts will help you to pinpoint the root of the problem more accurately. This information will be valuable to you in the following sessions.