

# Meme Triad: Confidence (Problem-Focused)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Confidence is the result of setting goals for yourself that are achievable. Emotional aggression is sometimes the result of setting impossible standards for ourselves and/or others, then failing to meet those standards. This is done in an attempt to be 'perfect.' But what does 'perfect' really mean anyway?

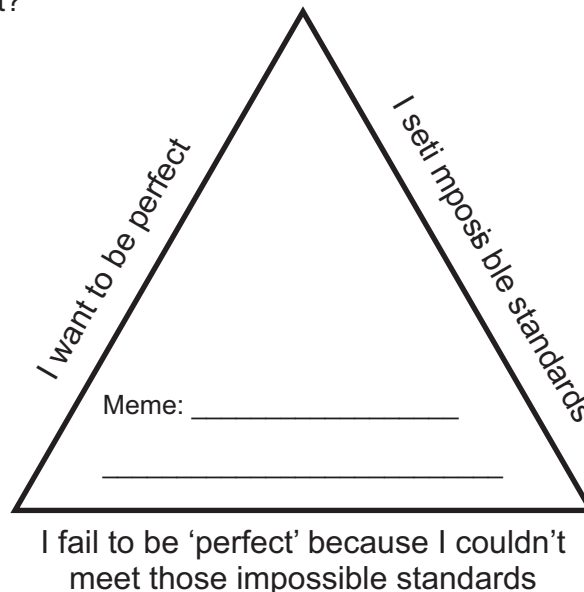
In the 'Meme' space below, write a meme that has kept you from feeling confident about yourself.

In the 'What' space below, list the ways you want to be 'perfect.'

In the 'Why' space below, list some of the standards you have set for yourself and/or others. Are these standards really possible to achieve? If you think so, why haven't they been achieved?

In the 'How' space, list ways you may have been unable to live up to those standards. Are you being realistic about what you can and can't do? Remember, you can't change others...you can only change yourself!

After answering these questions, which side of the triangle would be the easiest to change? How would you change it?



What: \_\_\_\_\_  
\_\_\_\_\_

Why: \_\_\_\_\_  
\_\_\_\_\_

How: \_\_\_\_\_  
\_\_\_\_\_