



1) DESCRIPTION OF THE TOOL

Name of the tool: Challenge & Evidence

This activity is linked to a branch of self trust which is Self-awareness. This refers to the ability to recognize your emotions, strengths, weaknesses, values, and motivations. Self-awareness often involves confronting our biases and blind spots. This exercise challenges your assumptions about yourself and encourages you to gather evidence to support or refute them. Through this process, you gain a more objective and nuanced understanding of who you are.

This technique will also help you build self-trust by identifying your past accomplishments and challenging negative self-beliefs with concrete evidence. This technique will help you gain a deeper understanding of yourself and how you interact with the world around you.

Time: 30 minutes (individual activity)

2) OBJECTIVES OF THE TOOL

- Identify and challenge negative self-beliefs that may be hindering your performance.
- Recognize and build confidence in your existing skills and abilities.
- Increase self-trust to tackle new challenges and opportunities.
- Explore your communication style.

3) CONNECTION OF THE TOOL WITH THE SKILL

Self-trust is a crucial component of emotional intelligence. When you trust your abilities, you're more likely to take initiative, persevere through challenges, and achieve your goals. This technique helps you build a foundation of self-confidence by focusing on past successes and using them as evidence to counter self-doubt. Self-trust is a cornerstone of self-awareness, and self-awareness is the foundation of emotional intelligence. When you trust your abilities, you're better equipped to manage emotions, stay motivated, and navigate social interactions effectively. By understanding yourself better, you can manage your emotions effectively, build stronger relationships, and make better decisions.

Developing self-awareness aids in building self-trust because it helps us understand who we are and

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what our values are so that we implement them. In recognizing our values, we are telling ourselves what we will and will not do, which helps to build self-trust.

Self-aware people can interpret their thoughts and objectives, and that is a rare skill as most of us tend to spiral into emotion-driven interpretations of what is happening to us and how we will respond.

Two types of self-awareness exist, private and public.

Private self-awareness. People with private self-awareness are meditative and approach their reactions with curiosity instead of blatant emotion. These folks are capable of noticing their physical sensations and correctly attributing them to what is happening at the moment. This type of self-awareness allows us not to panic when our emotions are aroused but instead to think or be conscious of what is happening and face it head-on. The con of private self-awareness is that it is easy to appear insincere because one can be too wrapped in oneself.

Public Self-Awareness. This type of self-awareness is consciously aware of how we look to others. With this kind of self-awareness, we are more likely to follow societal norms and behave in a socially acceptable manner. The con to public self-awareness is that people high in public self-awareness may spend excessive time worrying about what other people think about them.

Both private and public self-awareness helps build self-trust by allowing you to examine yourself bravely, know what you believe in, and provide you with a roadmap of how you wish to behave.

4) RESOURCE MATERIALS

- Pen and paper
- A quiet space with minimal distractions

5) HOW TO APPLY THE TOOL

1. Identify a Negative Self-Belief or an Assumption:

Start by reflecting on a recent situation where you experienced self-doubt and about common assumptions you hold about yourself. What negative thoughts did you have about yourself in that scenario? For example, "I'm not good at public speaking" or "I'll never get that promotion."

2. Challenge the Belief:

Question the validity of the negative thought. Ask yourself: Why do I believe this? Is there any evidence to support it?

3. Gather Evidence:

Think back to past experiences where you demonstrated the skills or abilities you're doubting. Write

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down specific examples of times you've overcome challenges, received positive feedback, or achieved success even when faced with difficulty. Focus on specific situations and your actions within them.

Look for evidence that contradicts your initial belief.

4. Evaluate the Evidence:

Review the evidence you've gathered. Does it contradict your initial negative self-belief?

5. Reframe the Belief:

Based on the evidence, create a more positive and realistic statement about yourself.

Example:

- **Negative Self-Belief:** "I'm not a good public speaker."
- **Challenge:** "Is there ever a situation where I have done well publicly?"
- **Evidence:** "I successfully delivered a presentation in front of my class last semester, receiving high marks for clarity and content."
- **Reframed Belief:** "While I may not be perfect, I can effectively communicate my ideas in a public setting with preparation."

6) WHAT TO LEARN

By using the "Challenge & Evidence" technique, you can learn to identify and challenge negative self-beliefs. This helps you build self-trust by recognizing your strengths and accomplishments. When faced with new challenges, you can draw upon this evidence of your capabilities to approach them with greater confidence.

Additional Tips:

- Practice this technique regularly, especially when facing new challenges or opportunities.
- Share your experiences and successes with others to further solidify your self-trust.
- Remember, self-trust is a journey, not a destination. Be kind to yourself and celebrate your progress.



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