

BONUS GUIDE #2

Confidence Rebuild Workbook

A private guided process for restoring the self-image that shame has quietly dismantled

Free Bonus — RECLAIM YOUR MIND

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Before You Begin

This workbook is private. Nothing you write needs to be shared with anyone. It is a conversation between you and yourself — honest, private, and without performance.

Work through the exercises in order. Do not rush. Some prompts will feel uncomfortable. That is the point. Discomfort in a guided exercise is productive.

The workbook is structured in five modules. You can complete one per week or work at your own pace. What matters is that you complete it — not how fast.

Module One

The Inventory

Before rebuilding, we assess what is there. This module is an honest inventory of what the shame has done — to your self-image, your relationships, your confidence, your faith.

The Cost of the Shame

Write freely for ten minutes about what the years of shame have cost you. Not the habit — the shame.

What has the shame cost you? Be specific.

What would be different today if the shame had not been present?

What have you stopped allowing yourself to want because of it?

The Divided Self

Map the divide between the person you present to the world and the person you believe you really are.

How do you present yourself to others?

How do you see yourself privately, through the lens of the shame?

What is the gap between these two descriptions?

Module Two

The Evidence Audit

Shame makes claims about your character. This module examines those claims as you would examine evidence in a court.

The Shame Statement

Write the identity statement shame has given you: 'Because of this, I am fundamentally...'

The shame statement:

Where did this belief first come from?

On what specific evidence does the shame base this claim?

The Counter-Evidence

Now audit the claim. The question is not whether the behaviour happened — but whether it proves what shame claims.

What does your behaviour toward people you care about say about your character?

What have you done — in work, relationships, faith — that the shame statement ignores?

If a trusted friend wrote a character reference for you, what would they include?

Has your struggle ever directly hurt another person? If not — who is the 'I am bad' claim protecting?

Module Three

The New Narrative

Having audited shame's claims, we now build the narrative that replaces them.

The Working-Toward Statement

Write the identity statement you are working toward — who you genuinely are when the Loop is not running.

Complete: 'Without the weight of the shame, I am a man who...'

What qualities do people who know you well see in you?

What does the man you are working toward do differently?

The Origin of Confidence

Think back to a time when you felt genuinely confident — before the habit, or during a freer season.

Describe that version of yourself. What was different?

What did you do or pursue during that season that you have not done since?

What is one thing from that season you could begin reclaiming this week?

Module Four

The Relationship Audit

Shame affects not only your self-image but your relationships.

Relationships Held at Arm's Length

The shame of a Comfort Loop often causes men to manage their emotional distance from others.

Name two or three relationships in which you hold yourself back.

What specifically do you hold back? What would fuller presence look like?

Is there a relationship you have damaged through absence? Name it.

The Restoration Plan

Choose one relationship to restore or deepen.

Who is it?

What would restoration look like?

What is the first small, concrete step you could take this week?

What, if anything, do you need to say to this person?

Module Five

The Daily Practice

Confidence is rebuilt through daily practice — small, consistent choices that give the brain a new story.

Designing Your Daily Practice

Design a simple daily confidence practice that takes no more than five to ten minutes.

What will your daily practice include?

At what time of day will you do it?

What will you do on a day when you do not feel like it?

The Six-Month Letter

Write a letter from your future self — six months from today — to the man completing this workbook.

Begin: 'Dear [your name], Six months ago you were sitting with this workbook...'

YOU HAVE DONE REAL WORK

Completing this workbook is not a small thing. You have looked at the parts of yourself that shame told you were too heavy to carry into the light. You have examined the claims shame made and found them incomplete. That work does not vanish when you close this workbook. It stays.