



# KID CONFIDENCE

Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem

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## Discussion Guide

- Do you think “participation trophies” help kids feel more confident? Why or why not? What do you think is the best way to respond when our kids aren’t the best or don’t win?
- What role do you think social media plays in self-esteem for kids? What about for adults?
- Why do you think outward success doesn’t necessarily lead to better self-esteem? Why do some people who are objectively very successful still feel inadequate? What messages do you want to give your child(ren) about success?
- The author says that real self-esteem is about letting go of the question “Am I good enough?” Instead of trying to “boost” self-esteem, she recommends turning down the volume on self-focus and self-judgement by connecting with something bigger than ourselves. As an example, she mentions that when we’re with a close friend, we’re not preoccupied with questions such as “Does she like me?” or “Is he impressed by me?” How is this perspective different from the usual advice about self-esteem that says we have to believe we’re special and wonderful?
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- Thinking about your own life, at which stages did you feel most or least confident? Why?

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- Pursuing or protecting self-esteem can lead people to procrastinate, cheat, lie, hide mistakes, make excuses, avoid challenges, blame or look down on others, or respond angrily to criticism. Can you think of an example of when trying to "look good" brought out the worst in someone?
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- The three fundamental needs—Connection, Competence, and Choice—are essential for adults as well as kids. To what extent do you feel these needs are met in your own life? Are any of these areas you want to work on?
- Who in your life has had the biggest impact—positive or negative—on how you view yourself? How did they influence you?
- Each chapter in the book begins with a vignette about a self-doubting child. Which of these resonated most with you? (Possibilities: "Why are you always yelling at me?"; "You love her more!"; "Nobody likes me!"; "I can't do it! I quit!"; "It's not good enough!"; "I can't decide!"; "I don't fit in!")
- In the final chapter, the author presents the idea of a quiet ego which is a kind of forgetting of the self because we're immersed in the present moment. She mentions examples related to feeling compassion, finding flow, and experiencing awe. Describe some moments when you've experienced a quiet ego.
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- How does your child(ren) respond to praise? How do you respond to praise? Why is it so hard just to say, "Thank you"?
- Having to make an important decision can trigger a lot of self-doubt. Myths about decision-making (such as that we must be 100% certain) can add to our distress. Describe a difficult decision you had to make. How did you decide? How did it turn out? To what extent does your child(ren) struggle with making decisions?
- What is one idea or strategy from the book that you want to put into practice with your own child(ren)?