



10

***10 Signs Your Teen is Struggling with Confidence***





**Hi! My name is Sharon.  
Confidence Coach and author of:**

## **10 SIGNS YOUR TEEN IS STRUGGLING WITH CONFIDENCE**

We all know the teen years can be a rollercoaster of emotions and self-discovery. But how do you know if your teenager is struggling with confidence? Here are **10 signs** that your teen might be facing confidence challenges. Read below to gauge if your teen is struggling with their confidence. If they are, no worries, I can help!

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# 1

When your teen struggles with confidence

## *They Struggle with Communication*



THEY  
SAY THIS

- I don't know what to say.
- I don't know what I want.
- I can't tell them.

NOT THIS



- I will text them.
- I am going to share how I feel.
- I am going to say what I want/need.



# 2

When your teen struggles with confidence

## *They Have Negative Self Talk*



THEY  
SAY THIS

- I am so ugly.
- Nobody wants to be my friend.
- I could never do that.

NOT THIS



- I love this outfit!
- I have great friends.
- I am going to try that.



# 3

When your teen struggles with confidence

## *They Won't Make Decisions*



THEY  
SAY THIS

- What should I do?
- What if I make the wrong choice?
- I can't decide.

NOT THIS



- I like it, let's do it!
- Sounds great.
- I am in!



# 4

When your teen struggles with confidence

## *They Resist Constructive Criticism*



**THEY  
DO THIS**

- They isolate after feedback.
- They avoid the same event/situation where feedback was given.
- They quit trying for fear of failure

**NOT THIS**



- They give thanks for feedback.
- They listen to criticism and use it to better self.
- They ask clarifying questions regarding criticism.



# 5

When your teen struggles with confidence

## *They Compare Themselves to Others*



THEY  
SAY THIS

- I could never do that.
- He is better than me at everything.
- Everything comes so easy for them.

NOT THIS



- If she can do it, I can do it.
- If I practice hard, I can be good, too.
- It is awesome to see her do so well!



# 6

When your teen struggles with confidence

## *They Seek Constant Validation*



THEY  
SAY THIS

- Did I do ok?
- Does this sound good?
- Do you like this?

NOT THIS



- I love what I did.
- That's ok, they don't have to agree with me.
- I am proud of myself!



7

When your teen struggles with confidence

*They Have Constant  
Physical Symptoms of  
Stress/Anxiety*



THEY  
FEEL THIS

- Frequent stomach ache
- Always tired
- Think they are sick all the time

NOT THIS



- Wake up feeling rested
- Have sufficient energy to complete desired tasks
- Rarely get sick and if they do, believe it will pass quickly



# 8

When your teen struggles with confidence

## *They Have Weak Interpersonal Skills*



THEY  
SAY THIS

- This is too hard.
- I don't know how to do that.
- I am always behind and can't seem to get stuff done.

NOT THIS



- Let's work as a team to get this done.
- We compromised and got through it.
- I can do that.



# 9

When your teen struggles with confidence

## *They Lack Resilience*



THEY  
SAY THIS

- I always mess things up.
- I don't have the energy to deal with this.
- I can't do this, this is too hard.

NOT THIS



- I believe that things will get better.
- I acknowledge and accept my emotions.
- I am going to keep trying till I get it done.



# 10

When your teen struggles with confidence

## *They Are Unable or Unwilling to Problem Solve*



THEY  
SAY THIS

- I don't know what to do.
- I can't do this anymore.
- There is no way out of this.

NOT THIS



- Let's figure this out.
- Let's brainstorm some solutions.
- I am up for the challenge.





# Thank you!

Are you feeling stuck as a parent in how to help your teen grow their confidence?

I can help! **Book a FREE discovery call today** and learn how I can walk your teen through the necessary steps to find their confidence.

*Sharon West*

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