

9

Building confidence in yourself

In this module, we'll be exploring how belief systems can intensify the impact of health challenges and increase concerns about others' opinions. This will help you understand your worries about catheterisation and guide you in aligning your beliefs with your goals.

Please fill in your pixel tracker fom page 2.



Strongly held beliefs

Please put a tick in the box next to the common strongly held beliefs you identify with.

If I start something I should finish it

I should always put lots of effort into the things I do

I need to earn relaxation or pleasure

I have to do something to earn kindness and/or respect

People cannot be trusted

Things will always go wrong

Types of beliefs

After reading through the examples in the table on-screen for the types of beliefs please fill out your own example in the table below.

Type of belief	Description	Your belief
Negative automatic thoughts	Thoughts that are experience or situation specific. They can be more easily articulated	
Rule	The underlying idea about what actions or conduct is appropriate based on the deeper assumption	
Assumption	Beliefs about how you or others should behave or how the world should be and how things are related to each other	
Core belief	Deeper generalised beliefs about yourself, others, and the world	

Your personal rules

After listening to Sula and looking at the example, write down you own rule or assumption that you would like to adjust, and fill in your answers to the questions in each box.

Rules I have...

1

Rule and/or assumption I would like to adjust...

2

What impact has this rule (and/or assumption) had on my life?

3

How do I know this rule is in operation?

4

Where did this rule (and/or assumption) come from?

5

In what ways is this rule (and/or assumption) unreasonable?

6

What are the advantages and disadvantages of this rule?

Advantages

Disadvantages

7

What is an alternative rule (and/or assumption) that is more balanced and flexible?

8

What can I do to put this rule (and/or assumption) into practice on a daily basis?



Updating core beliefs

We're not trying to completely disprove our core beliefs; our aim is to adjust how broadly we apply these beliefs.

Reflect on your own core negative belief and your new balanced belief. Write your answers to each of the questions below.

1. Write down your negative core belief.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<div>%</div>	<div>%</div>	<div>%</div>

2. Write a new balanced belief you'd like to adopt.

Rate how much you believe it (0-100%)

Now	When it's most convincing	When it's least convincing
<div>%</div>	<div>%</div>	<div>%</div>

3. Evidence for and against your old negative core belief.

Old negative core beliefs	
Evidence for	Evidence against

4. Write down the evidence for your new balanced core belief from the past/present and what to look for in the future.

New balanced core belief

Evidence for the new balanced core belief from the past/present

What to look for in the future

Things I can do to support or gain more evidence for my new balanced core belief

5. Finally rate how much you believe both the old negative belief and the new balanced belief.

Rate how much you believe the following (0-100%)

Old negative core belief

New balanced core belief

%

%




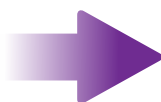

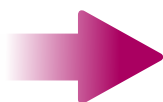

Let's reflect

During module 9 we have covered how our beliefs can make health problems feel more overwhelming and increase our worries about what others think. By understanding these beliefs, you'll be better equipped to address your concerns about catheterisation and other health issues.

This has been a big module with a lot to think about, you may want to take 2-4 weeks to keep exploring using the workbook for reflection.

Before you go, how are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number.



1	2	3	4	5	6	7	8	9	10
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Contact our me+ Continence Care Support Team for additional resources:

Australia: Call 1800 335 276 or
email connection.au@convatec.com

New Zealand: Call 0800 225 4309 or
email connection.nz@convatec.com

Notes





Guiding the way to confident living
with intermittent catheterisation

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AP-71169-AUS-ENG-v1(v1.0) June 2025