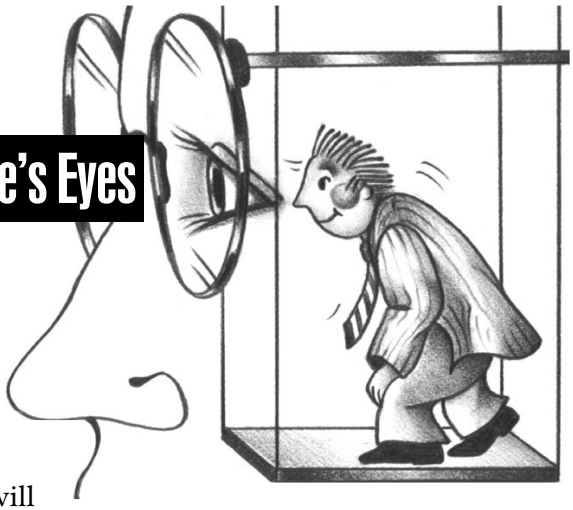
CIGNA Behavioral Health

Seeing Yourself Through Someone Else's Eyes



There's nothing like positive feedback to generate self-confidence. In this partner exercise, you and your partner are going to share something positive about each other.

Choose a partner who knows you and who is honest and can be reasonably objective about you. Each of you will have a copy of this exercise and will write for five minutes about the other's strengths. You can make a list or write in sentences, but be specific. What do you admire about your partner? In what ways does your partner enrich your life? How does your partner make you proud? In this exercise, be honest, but discuss only the positive aspects of your partner's character. Ready? Begin.

Now trade papers.

The paper your partner gave you is yours to keep. Sometimes it's hard for you to see yourself as others see you. Did your partner mention any strengths that you didn't know you had? Next time you're being hard on yourself, a quick review of this list can give your self-confidence a boost.

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