

(B-2)

(12 marks)

Max is reading the first part of an article in a magazine. Read it carefully and choose the best answers for Questions 23-28.

### Confidence Building

By Alex Green

[Part 1]

(i)

Some studies show that confidence is one of the most important factors of success. Confident people with a positive attitude can do their best to overcome difficulties. However, sometimes your work can be too much to deal with. This may cause you to lose confidence and stop you from performing your best. This is why I am giving you some tips about confidence building.

(ii)

For starters, stop blaming yourself. Be gentle and patient with yourself even if you make a mistake. Being angry at yourself is useless. You may shut yourself off, stay away from your family and friends, or cry alone in your room. However, these actions would only make you feel worse. Stop finding faults in yourself is the first step towards confidence building.

(iii)

Also, you should learn how to talk to yourself positively. Try writing a list of things you are good at and your favourite things about yourself. Next time when you feel that you cannot do anything well, just read the list. Your good qualities on the list will **keep your chin up**. Then, you will certainly realise that you are not as bad as you think!

(iv)

Last but not least, stop comparing yourself with others. Do not be jealous of others because it only makes you feel bitter. What you should do is to think about all the things that you have, and treasure them. I find the above tips useful and I hope you can remember them when you do not have any confidence. Next, I will share with you the importance of teamwork and how to be a good team player.