

## עצמי בִּיטָחוֹן (Bitachon Atzmi) - Confidence, Independence

(Related to security - Bitachon)

Quotes to foster understanding:

**“If you will it, it is no dream” - Hertzl**

**“If I am not for myself, who will be for me, If I am only for myself, what am I? If not now when?”**

We believe in you and so should you! Camp gives us incredible opportunities to gain confidence and do more and more things for ourselves.

Situations in which this middah might be appropriate:

Personal Hygiene

Participating in services

Helping someone to realize how good they are at something

The developments of clicks

Campers with a unique identity or sense of style or interests

Reinforcing example:

Counselor in response to seeing a camper take good care of their things and themselves, doing something without being asked, having the confidence to try something different or new, says, “Great *Bitachon Atzmi* , I love how confident you are!/ your ability to do this by yourself is amazing”

Redirecting example

Camper says, “I’m scared....I can’t .....”

Counselor says, “I believe in you. I stand with you as you try.... We will work on your *Bitachon Atzmi* together.

How to use *Bitachon Atzmi* in a sentence:

Believe in yourself, Find your *Bitachon Atzmi* and make us proud!

Camp gives us the perfect place to work on our individual *Bitachon Atzmi*. We want to see who you are and hear what you want to be!

***How can you find Bitachon Atzmi?***