WHAT TO KNOW!

- Confidence is simply the belief in oneself, in one’s capabilities, one’s self worth, and one’s ability to handle situations
- Confidence is not about knowing what or how to do; it is a belief that one can learn to do
- Confidence is the antidote to anxiety; believing that one can and will handle a situation will overcome fears, especially of the unknown
- Confident people believe that no matter what, they can handle the situation
- Confident people expect to make mistakes, but they don’t judge themselves as failures, rather they learn from these situations
- Confident people feel good about themselves and do not feel they have to be like others to be accepted
- Confident people cope when they don’t succeed and do not catastrophize
- People who are confident recognize that failing in the past doesn’t mean failure in the future; it is only something to be learned from
- Confidence requires self-acceptance, liking of one’s own uniqueness and not trying to be like everyone else
- A person who is self-confident does not worry about negative consequences of their actions or what others may think of them; they look to enjoy or succeed in the situation
- Self-confident people have qualities admired by others and can also inspire confidence in others
- Confident behaviors include: being willing to take risks, learning from mistakes, doing what’s right even if it disagrees with others, and being able to accept complements
- Repeated successes contribute to the development of confidence
- People who lack confidence have low self-esteem based on irrational beliefs about themselves
- You can lose confidence by having very high expectations, being overly self-critical, being perfectionistic, and feeling unsupported and alone
- People who lack confidence tend to avoid situations and consequently don’t give themselves the chance to develop confidence
- People low in confidence also are low in self-esteem as they tend to avoid taking risks and will depend on the approval of others
- Confidence is a self-fulfilling prophecy as believing in one’s abilities can lead to success which reinforces one’s belief in one’s abilities
- Confidence can be developed by improving one’s self efficacy, the belief in the ability to reach a goal, and one’s self-esteem, how a person views themselves

WHAT TO DO TO BUILD CONFIDENCE!

- Change your thinking from irrational negative “can’t do” thoughts to believing you can
- Consider problems as challenges not as something to be feared or worried about
- Practice what you are good at to improve your self esteem
- Accept who you are rather than who you think you should be
- View failure as a learning experience and not a comment on who you are
- Read inspirational material, practice affirmations, and use relaxation exercises
- Seek professional help to overcome negative experiences and improve your self-esteem

WE CAN HELP!
Call us at 954 755-2885 or email us at DrKimmel@KimmelPsychology.com