

CONFIDENCE: THE ANTIDOTE TO ANXIETY!

Be yourself, Everyone else is already taken ... Oscar Wilde

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

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