

SELF CONFIDENCE

What is Self Confidence?

- Having belief about yourself and your abilities.
 - In order to achieve our vision, we need “wisdom” (holistic intelligence with experience) and “Determination and Enthusiasm” For that we need “Self Confidence”
- Self Confidence means ‘Trust to ourselves with full of inner strength.
 - These are our means and tools to make our dream or purpose come true.

Definitions of Self Confidence

- ‘Believe what is in the line of your needs, for only by such belief is the need fulfilled... Have faith that you can successfully make it, and your feet are nerved to its accomplishment.’ (William James, Principles of Psychology)
- Confidence in yourself and your abilities (Oxford Advanced Learner’s Dictionary)
- A feeling of trust in one’s abilities, qualities, and judgment. (US English Dictionary)

Types of Self Confidence

- Low Self Confidence
- Optimal Self Confidence
- Over Confidence

Low Self Confidence

Governing your behaviour based on what other people think. Staying in our comfort zone, fearing failure and so avoid taking risks. Some Points are,

- “I can’t find happiness.” This is the paradox that confuses even the smartest people. You need to learn how to set yourself up so that success and happiness find you.
- “Life has nothing more to offer me.” This statement is another mistake that people make. It is a mistake because the statement is inside-out, in reverse. Instead it should read: “What do I have to offer life?”

Optimal Self Confidence

- Doing what you believe to be right, even if others mock or criticize you for it.
- Make Decisions with Absolute Confidence.
- At Optimal Self-Trust you’ll learn how to:
 - Release self-doubt and replace it with self-confidence
 - Make crisis-time decisions with swift and total clarity.
 - Stop beating yourself up about past choices.
 - Listen to what you want instead of needing others’ approval.

Over Confidence

- Often we come across people who are self-confident i.e. egotistic and stubborn. Generally these people have the so called ‘Superiority Complex’
- A condition of over-approximating one's capacity to perform or under-approximating the capacity of an opponent to perform.

CHRISTINA TONY, PSYCHOLOGY DEPARTMENT

→ An unsupported belief or unrealistically good presumption that a favoured result will arise. → Overconfidence is generally not an attractive trait in anyone.

How to Develop Self Confidence

- Identify your negative thoughts.
- Turn your negative thoughts to positive thoughts.
- Refuse to allow negative thoughts to occur more often than positive thoughts.
- Maintain a positive support network.
- Eliminate reminders of your negativity.
- Identify your talents.
- Take pride in yourself.
- Accept compliments gracefully.
- Look in the mirror and smile.

Advantages of a Strength Self Confidence

- Greater self-worth.
- More happiness and enjoyment.
- Freedom from self-doubt.
- Greater strength and capabilities.
- Freedom from fear and anxiety.
- Freedom from social anxiety.
- More peace of mind and less stress.
- More energy and motivation to act.
- Greater success
- More beneficial and enjoyable interactions with others.