

Starting points for Confidence

We would all like to be happier, achieve more, creative and generally improve our overall sense of wellbeing. But how do we do this? We know what we want but often have no idea how to do it or where to start. In other words we don't have a plan. Without a plan, or even a starting point, most of our needs, wishes and dreams just fade away.

We often wish we had more confidence so that we can ask for and achieve our needs and wants, but it can be daunting and overwhelming. Sometimes the obstacles of worthlessness, negative self-talk and self-belief can become too high to climb to achieve this. We can feel so uncomfortable that we end up just continuing to put it off.

Confidence grows from positive Self Esteem which we discussed last week. The following points will help you to understand how you can begin to build more confidence.

SELF PARENTING

This means relating to ourselves as a good parent would relate to their own child. Do we treat ourselves with care and respect? Do we nurture and nourish our bodies? Do we encourage and promote ourselves? Do we respect our own feelings? If the answer to any of these is no, then we need to make a decision to change aspects of our thinking and behaviour.

SELF ACCEPTANCE

True self-acceptance doesn't mean that we agree with or like everything we see in ourselves and we may think that others agree. However, it means that we are prepared to approach ourselves without prejudice, facing the real truth and accepting that we are not as 'bad' as we or others may think.

SELF LOVE AND CARE

People often confuse self-love for self-indulgence. No parent who truly loves their child overindulges them. But there can be no true healing without us coming to love ourselves.

SELF PROTECTION

A person with a poor sense of self-worth is like a city without walls – open and vulnerable to attack of all kinds. This can seriously dent our confidence. We need to look after our bodies and emotions, guarding ourselves from disease, physical danger as well as protecting ourselves against damaging relationships and friendships.