

Building your confidence

■ Where it comes from & how to boost it





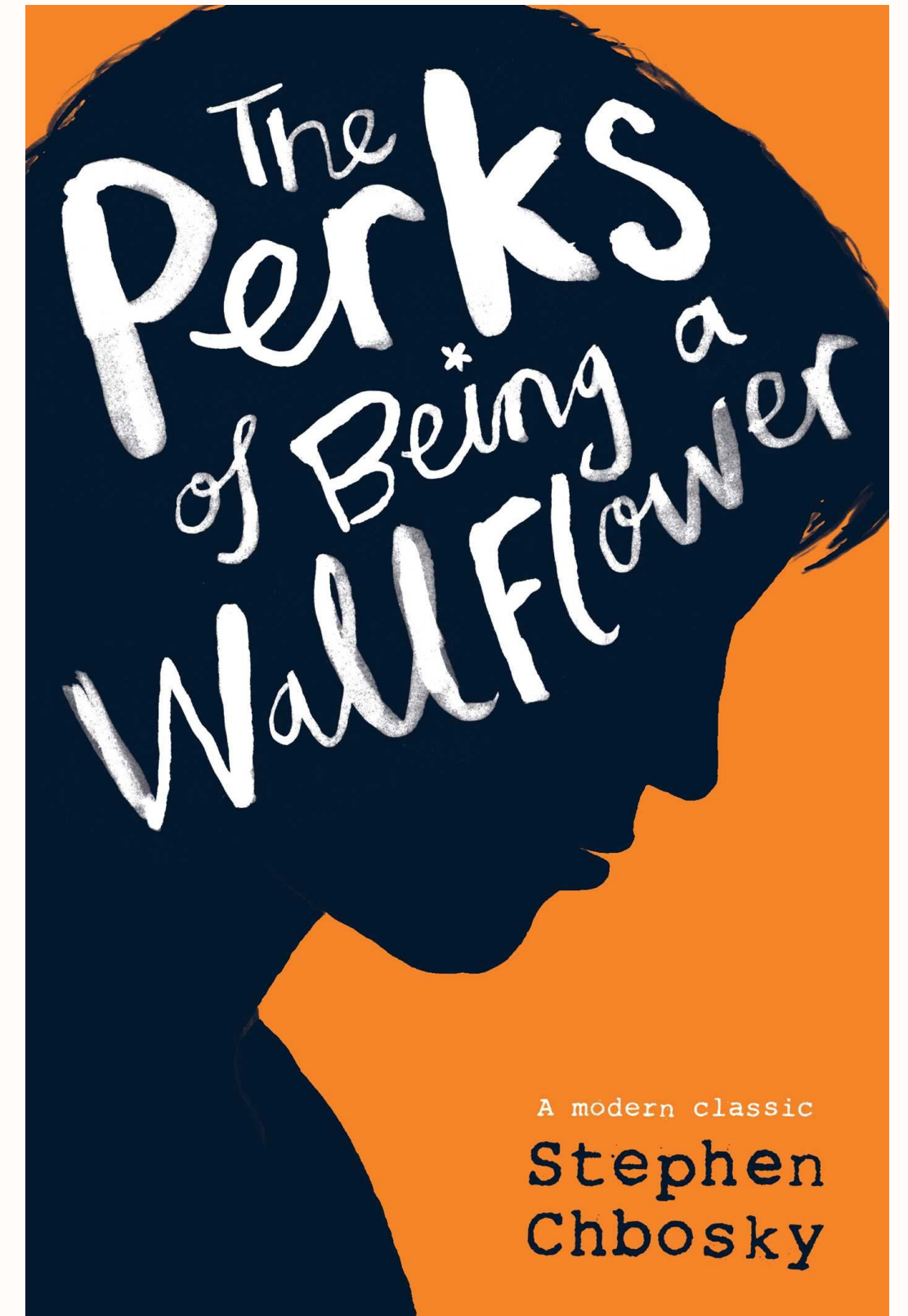
What is self-confidence?

Self-confidence is the courage to know yourself, believe in yourself, and act on your beliefs.



**Why should I
care about my
self-confidence?**

"We accept the love
we think we
deserve."

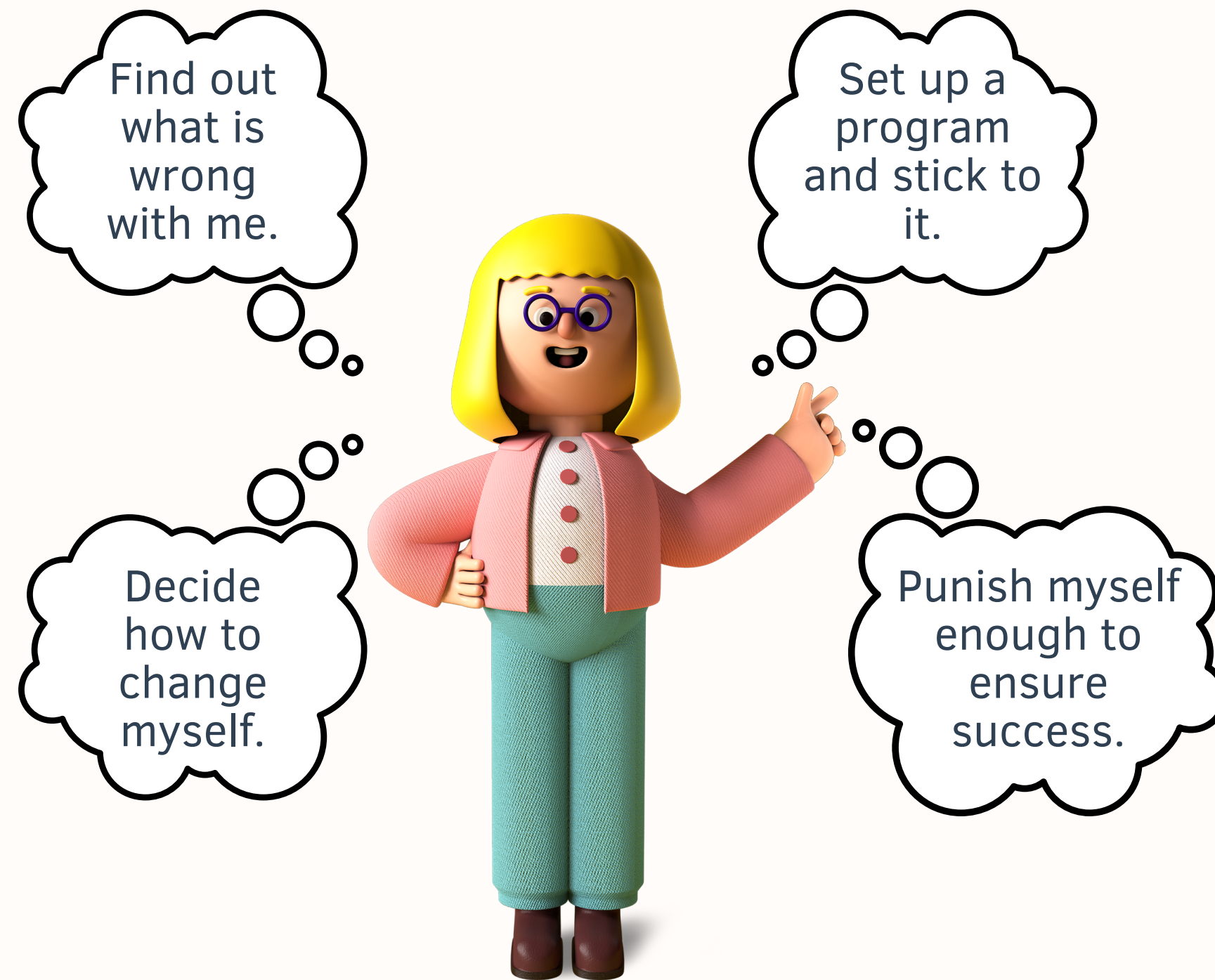


Self-confidence can look like...

- Valuing yourself for who you are regardless of the blunders you make, the type of work you do or don't do, etc.
- Feeling good about yourself; feeling worthy despite imperfections
- Being courageous enough to stand up for yourself and be assertive
- Knowing that you're worthy of others' respect and friendship
- Knowing and accepting the whole of you, both your strengths and weaknesses

Self-confidence is not...

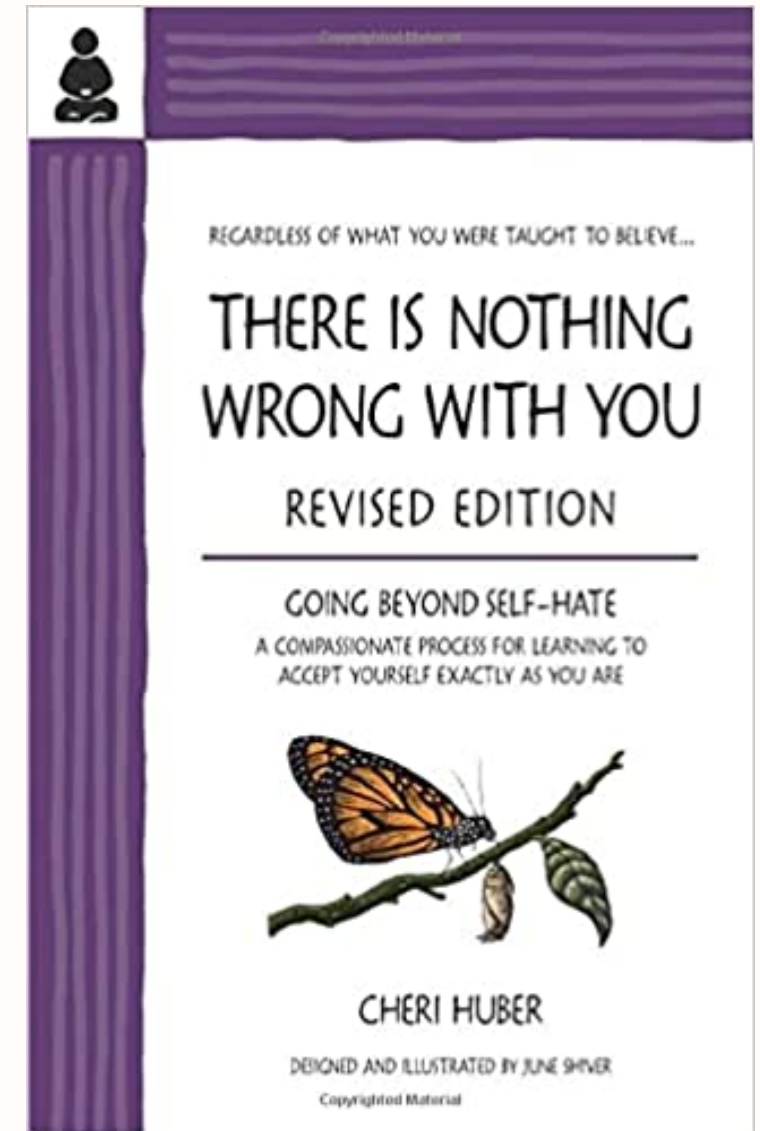
- Believing that you're perfect, or thinking that you should be perfect
- Holding yourself to unrealistic expectations and standards
- Living a life free of problems, pain, and difficulty
- Being selfish



**You are not
here to
become an
acceptable
person.**



**You are here to accept the
person you already are.**



Self-hate uses self improvement as self-maintenance.

As long as you are concerned about improving yourself, you'll always have a self to improve.

And you will always suffer.



Our core need is simple, but hard:

To be loved
and accepted
exactly as we are.

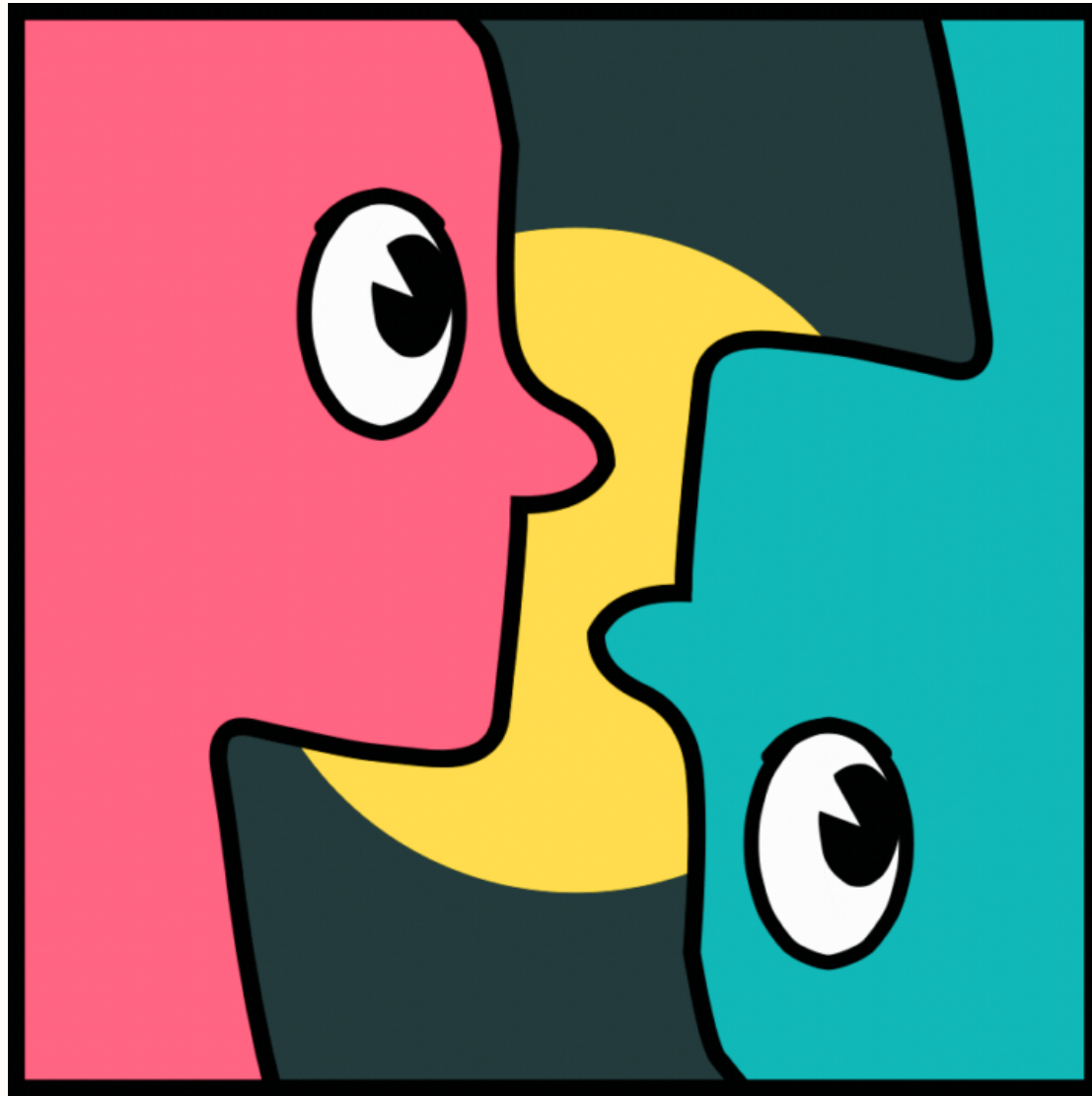


ACTIVITY

**Think of 5-10 actions from
your past that you're not
proud of--big or small.**

Jot them down.





Character or behavior?



Dyads

We're going to move into breakout rooms and do some vulnerable sharing. Choose one or two of your past mistakes and talk about them with your partner. Focus on the *behavior*, not your *character*.

Mindfulness / embodiment

Mindfulness comes when you observe your thoughts as they come and go, avoiding judgment

Embodiment is being present in your body, aware of what it's feeling and attentive to its cues



**Let's try a quick
meditation -- a
body scan**





How do you feel right now?

Take a few minutes to jot
down what sensations you
notice in your body right now

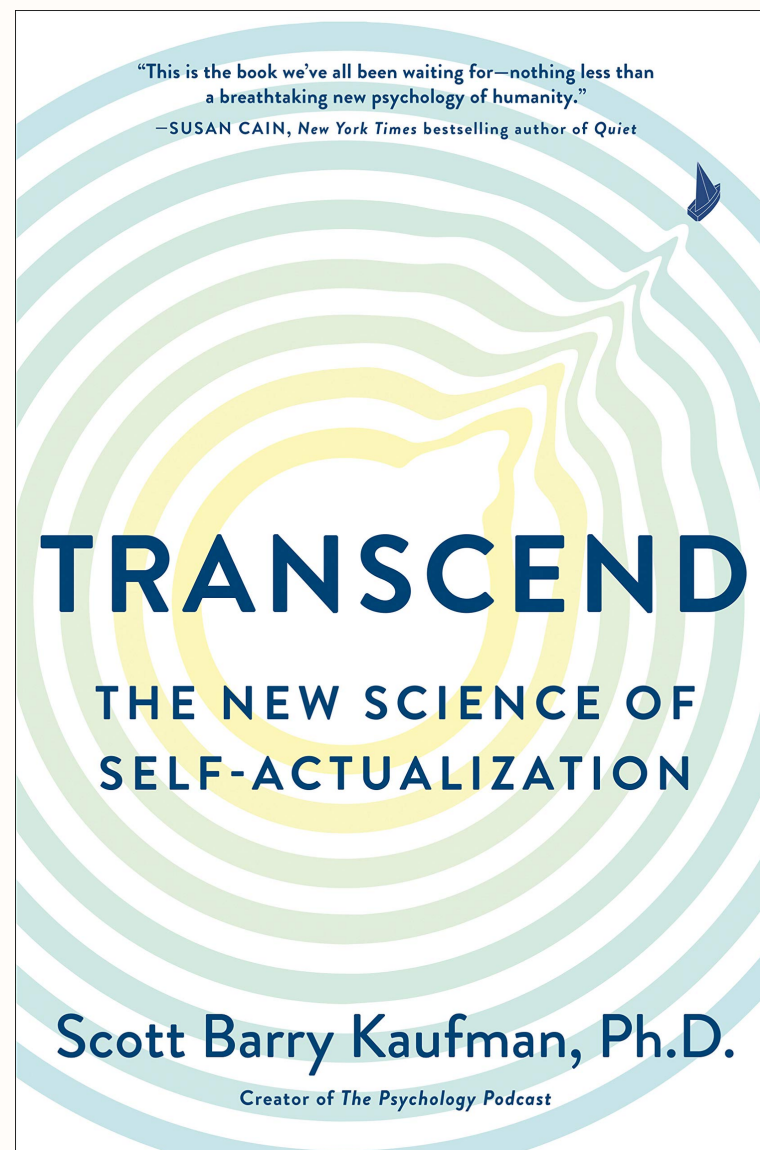
How this relates to confidence

Self-confidence is the courage to know yourself, believe in yourself, and act on your beliefs.

To do this, you must first know yourself and understand yourself.



Two components of self-esteem



1) Self-worth

I like myself.

I am a worthwhile human being.

I am very comfortable with myself.

I am secure in my sense of self-worth.

I have enough respect for myself.

2) Mastery

I am highly effective at the things I do.

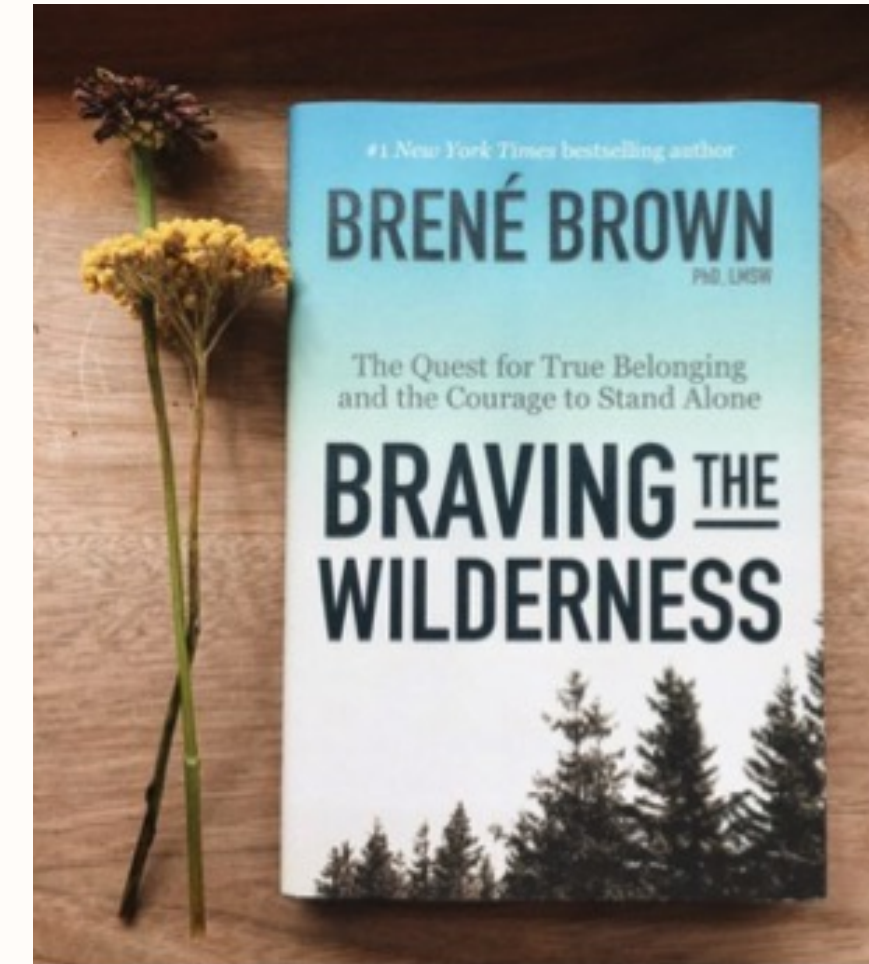
I am almost always able to accomplish what I try for.

I perform very well at many things.

I often fulfill my goals.

I deal well with challenges in my life.

“ Stop walking through the world looking for confirmation that you don't belong. **You will always find it** because you've made that your mission. Stop scouring people's faces for evidence that you're not enough. **You will always find it** because you've made that your goal. True belonging and self-worth are not goods; we don't negotiate their value with the world. **The truth about who we are lives in our hearts.** Our call to courage is to protect our wild heart against constant evaluation, especially our own. **No one belongs here more than you.** ”



Thank you for being
you.

Liz Norell
elizabeth.norell@chattanoogaastate.edu

