

It can seem difficult to imagine ever feeling differently about ourselves, from the way we feel in the present - even though we may desperately want to - and this is especially true of the area of **self-confidence**. It can also be a **challenging** and **painful** area to open up in ourselves as it runs so deep.

### Things to remember

- Welcome **change**
- Keep **learning**
- Be **courageous**
- Set **realistic goals**
- Learn from your experiences
- Think **positively** about yourself
- Count the **good things**, not the negative

**“ Promise yourself no matter how difficult the problem life throws at us, that you will try as hard as you can to help yourself. You acknowledge that sometimes your efforts to help yourself may not result in success, as often being properly rewarded is not in your control”**



The  
Road Centre

COUNSELLING • TRAINING • WELLBEING

21a North Burns Chester le Street Co Durham DH3 3TF  
Telephone: +44 (0) 191 389 1188 Facsimile: +44 (0) 870 051 6712  
Email: [info@theroadcentre.com](mailto:info@theroadcentre.com) Web: [www.theroadcentre.com](http://www.theroadcentre.com)  
Registered in England and Wales. Company No: 5664138

**The Road Centre Ltd**

Counselling Training Wellbeing

# Self Confidence

[www.theroadcentre.com](http://www.theroadcentre.com)

## Self Confidence

A person's level of **self-confidence** is unique to that individual; it is quite **complex** and is made up of a number of different elements.

Some of the factors affecting **self-confidence** are:

- How **positively** or **negatively** we evaluate ourselves
- Key events and relationships in our past and how we remember them and replay them in our minds
- The current relationships we are in and the kind of affect they are having on us
- The particular situation we are in when we feel low in confidence

Your perception of yourself has an enormous impact on how others perceive you. **Self-confidence** is extremely important in almost every aspect of our lives, yet so many people struggle to find it.

### Improving Self Confidence

It is rarely the case that people have too much **self-confidence**. Even if someone brags about themselves a lot, this is often not an indication that they are supremely confident, but rather, a sign that they feel the need to employ a '**smokescreen**' to avoid others seeing the truth, that they are feeling a bit insecure.

### Improving Self Confidence

There are many ways to **improve** our **self-confidence**:

- Become more **accepting** of ourselves - liking ourselves **without conditions**. We can accept sometimes that we have made a mistake and make amends where necessary, but we do not always have to 'beat ourselves up' about our actions
- Recognise our **good qualities**, and remind ourselves of them **often**
- Spend less time with people we know have a **detrimental affect** on our sense of well being and **self-confidence**
- Identify what particular situations make us feel unconfident and find ways to gain confidence in that particular area
- Engage in some **positive thinking**. We have a choice in what we choose to remember: calling to mind a former success in life, where we felt proud and good about ourselves, has a very different result in terms of our confidence levels, than bringing to mind an occasion where we feel we failed miserably.

You can build **self-confidence** by not letting the feelings generated by uncertainty take over. We have an built in system to protect us from danger – "**fight or flight**" – that creates what we identify as anxiety symptoms when threatened. Tolerate that feeling of anxiety, recognise that uncertainty is a **challenge rather than a threat**. Once you start to do that, you're on the way to building **confidence** and generally being more **confident**.