

Developing Confidence through Controlling your Thoughts

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THE PROBLEM

No matter what we experience in life that can boost our confidence, it will not count if we continually put ourselves down in our own thoughts or self-image. Controlling our thoughts is paramount to confidence.

In coaching I have found that there are common themes to our self talk. They are : -

- I AM NOT GOOD ENOUGH
- I am not worth their attention
- My needs must come second to others

These statements are just not true. Everyone is extremely worthy and is good at something. Everyone's needs are equal to others.

WHAT CAN WE DO?

1. IDENTIFY THE LIMITING BELIEF

Limiting beliefs can be identified by asking ourselves continuously the "why" question until we come up with the core problem. The limiting belief usually comes down to some expression of the above thoughts.

2. REFRAME OUR THOUGHTS

We then need to reframe this limiting belief such as "I am not good enough" into a positive statement that expresses what we want to believe or is true. For example a reframe of "I am not good enough" is "I am a valuable and capable person".

3. DEVELOP a SYSTEM TO AFFIRM OUR POSITIVE THOUGHTS

Positive beliefs are often called "AFFIRMATIONS". Many have found great power in regularly going over a list of affirmations until they become our normal self-image. This requires discipline and

often works by having a quiet time of meditation at a set time of day. I would recommend no more than 7 affirmations and begin with the first:-

“I find affirmations easy and enjoyable and am able to review them regularly”.

4. BRING IN FEELINGS and VISUALISATION into our words

It is well known that when we add feelings and pictures into any statement we dramatically increase the chances of success. Practise seeing what you are speaking and think how this makes you feel.

A technique called “anchoring” can also help you change difficult feelings. This works by thinking of a time when you had a positive emotion you want to feel again. Take this situation and emotion and then visualise the new situation.

This needs to be repeated about 7 times in a short period to anchor the new emotion and then regularly visualised.

5. STEP OUT AND TAKE SMALL STEPS

Think of one small action we can do that is not too scary but will be a statement of our new found confidence. When we have taken this step, affirm our confidence and self worth and increase the size of the step next time. Keep reaffirming the self-talk until we have built up our ability to achieve greater things.

6. ADDRESS THE FEAR

Think through :

- What is the worst that can happen?
- How bad is that?
- Is that as bad as not taking action?

Conclusion

We can all grow in confidence. Everyone who has a lot of confidence has gone through these steps. Remember that everyone is worthwhile and is really good at something.

