

Self Confidence

We come into the world with all our senses functioning and very confident. As a small child the world is our oyster.

Suddenly , this changes as we grow, we find peers and society pressures us to conform to their expectations, and perhaps our own expectations are to blame too.

Confidence is then hit! When we fail !! it could be the most complex task or the simplest .

When we fail or we feel something is beyond us we go into a spiral of negatives.

This can also descend on people through an extreme event or a series of events which knock at your confidence levels (Believe me I've been there, most of us go there at some point). You can't eat and your sleep is disturbed (and no I am not talking about love) , but depression as the worst state. Worry and blame can also creep in.

Self confidence is based on self respect this is in a nutshell how I would define it. When you loose your confidence you stop respecting yourself too. You sometimes put others on a pedestal too putting yourself down.

When this happens you need to get your self respect back !! You need to start to feel good about yourself , by doing the basics, then by doing things you really enjoy doing.

To be in a position to help others you have to respect yourself!! After all charity begins at home. If you can't respect yourself, others won't appreciate the help you give them either.

No matter, who you are or where you are tragedy in some form or another can hit you.

Whatever you are trying to accomplish, feeling good about yourself will always make you more assured thereby making you more successful. Well this is the mini-taster and here's an end to it. In the Taster's section we discuss more about how to get back your self respect and confidence.