

# Benefits of Confidence



By The American Institute of Health Care Professionals, Inc.



# Table Of Content

<b>2</b>	<b>What Is Confidence?</b>
<b>4</b>	<b>The Importance Of Confidence</b>
<b>6</b>	<b>Where Confidence Comes From</b>
<b>8</b>	<b>When You Like Who You Are It Shows In Your Confidence</b>
<b>10</b>	<b>The Connections between Confidence and Self-Esteem</b>
<b>12</b>	<b>Is Your Confidence Too High?</b>
<b>14</b>	<b>The Fine Line between Confidence and Arrogance</b>
<b>16</b>	<b>Five Reasons Confidence Is Attractive</b>
<b>18</b>	<b>Five Signs Your Confidence Needs Work</b>
<b>20</b>	<b>Six Things That Hurt Your confidence</b>
<b>22</b>	<b>How To Build Confidence</b>
<b>24</b>	<b>How To Identify Low Confidence Levels</b>
<b>26</b>	<b>How To Inspire Confidence In Others</b>
<b>28</b>	<b>How To Stop Doubting Yourself</b>

**Disclaimer:**

The information contained in this eBook is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

## What Is Confidence?

In order to have more in-depth discussions about the importance of confidence and where confidence comes from, it is important to understand exactly what confidence does and does not mean.

As with any word, especially words pertaining to the self and to motivation, confidence can accidentally or deliberately be misused in reference to other states in order to define poorly thought-out or unjust actions and decisions. As a result, this article will begin by stating what confidence is and continue through some examples of what one might mislabel as "confidence."

### Confidence In The Self

Confidence ultimately comes down to being satisfied with yourself, with your own knowledge and abilities. Of course, this means that confidence is partially based in the individual and partially based on the situation.

This understanding of confidence explains why some people never seem to be confident – because for whatever reason, they are unsure of themselves. It also explains why some people seem to always be confident even if they may place limitations on themselves.

The wise person will be always confident because the wise person will be sure of themselves in given situations and will know and master themselves well enough to never stray into situations in which they are not sure of their abilities to successfully navigate the situation.

### Confidence In Others

Confidence can also have to do with our expectations of others. It can also have to do with a combination of the two. Someone who comes from a supportive family, for instance, might be very confident both in their own abilities and confident in their family's tendency to help them out of tough spots.

Similarly, a confident business owner should not only have confidence in themselves and in their own decision making, but also in the abilities of their employees.

Being more confident of our support networks than we are on ourselves, however, can lead to us drawing heavily on our support networks by taking on too much and expecting them to carry us through it.

### **Overconfidence**

Of course, there is such a thing as overconfidence. Because confidence has to do with perception, the truly overconfident person is not likely to admit – or rather to know – that they are overconfident. They may, of course, recognize in retrospect that they acted in a way that exhibited overconfidence.

While confidence is a good thing, overconfidence can lead an individual to make mistakes because they overestimate their ability to handle a given situation or operate under certain constraints.

Overconfidence is typically a one-time lapse in judgement that occurs because a person believes that they are generally successful. If the individual happens to succeed in this venture too, they may keep up their overconfident attitude until they fail at something. Of course, after such a failure, the truly confident person will not lose their confidence, just their overconfidence.

### **“Blind Confidence”**

People who talk about “blind confidence” aren’t talking about confidence so much as they are talking about arrogance. Confidence is built on trial and error and knowing how you will think and behave in a given set of circumstances. Blind confidence, then, means feeling that you can handle a situation despite having never been in a similar situation before.

This kind of confidence is common in children, and it has to be because to a child everything is new. Without this kind of false confidence, we wouldn’t be able to develop real confidence.

Once you’ve reached adulthood, however, you should have some understanding of your knowledge and abilities. At this point, trusting decisions to “blind confidence” is really just an excuse to try things that you are not prepared to do.

Confidence is important and helpful for navigating social and business situations. But, just as confidence is important for moving forward, limiting your confidence is important to prevent you from moving backwards.

## The Importance Of Confidence

When confidence goes too far or arises for the wrong reasons, it can seem like a bad thing. After all, too much confidence can lead us to make poor decisions and misplaced confidence can lead us to draw on the resources of others rather than on our own talents and abilities.

However, genuine confidence based on our knowledge of ourselves and our understanding of past experiences, is important for realizing our full potentials in the workplace and for navigating social situations.

Confidence impacts the roles that we take on, how we operate in those roles, and even how we move and present ourselves to the rest of the world. All of these things can have a profound impact on how we live our lives.

### Confidence In The Work Place

Confidence is important at work for a number of reasons that may seem obvious. For one thing, it leads us to take advantage of opportunities that demand the most from us. These opportunities are often the most rewarding for us in terms of feelings of self-fulfillment, but it also allows us to reach higher and more lucrative positions in the workplace.

When we lack confidence, we are less likely to place ourselves in challenging positions that will be better for us in the long run. Instead, people who lack confidence often occupy jobs that don't challenge them but that don't utilize their full potential.

The confidence that you feel also impacts how you present yourself to the world. People who are not confident tend to shy away from, or even refute, compliments and praise. Even when other people can see your merit and potential at the start, it can be hard for them to keep thinking of you positively if you don't think of yourself positively.

### Confidence In Romantic Life

Confidence is also important in the dating world. When we are confident in ourselves, we don't only make decisions that show our confidence, we move in ways that show our confidence. Studies have shown that confident people move and express themselves in ways that are seen as more physically attractive to others.

Being confident with yourself also has the possibly counterintuitive effect of allowing you to focus on the other person. If you have confidence, you are less likely to be preoccupied with concerns about how your hair looks or what you just said. Being sure of yourself allows you to focus on the person across the table.

Of course, issues like overconfidence can be just as problematic in the dating world as in the business world. Where someone who exudes just the right amount of confidence may stand with a straighter back or flash a more charming smile, someone who shows too much confidence may come off as aggressive. At best this is less than charming, but at its worst it may scare people off.

### **Confidence In Social Life**

Confidence is also important in non-romantic social interactions. As mentioned above, your confidence impacts how you interact with those around you, as well as the situations that you allow yourself to get into.

Many social situations are stressful for people despite the fact that they are fairly low-risk. We worry about what other people will think of us if we say or do the wrong thing – that is, if we are not confident.

Low confidence can lead to self-limiting behavior that shrinks the realm of possibilities when it comes to outings with friends.

Because confidence deals with self-perception, it shapes nearly every aspect of our lives. From work to romantic relationships, to spending time with friends, low self-esteem can make it difficult for other people to see the real you because of the understanding of yourself that you are introducing them to.

## Where Confidence Comes From

Sometimes it seems like people either are confident or they aren't. Although confidence can be built up (or torn down) at any stage in life, it does start to develop when we are very young.

### Confidence In Humans

Confidence is an evolutionary trait that developed because it helps us to recognize dangers while taking advantage of opportunities. It was confidence that allowed our prehistoric ancestors to leave the cave in search of food or our early modern ancestors to take to the seas in search of new resources and cultures.

Perhaps the changing goals and limitations are the reason that so many of us have problems with confidence today. The tasks that require confidence have changed drastically and where once in our history only the successful reproduced, now people with more financial success are often those who have the fewest children.

### Confidence In Infants

In all of us as individuals, confidence begins to form when we are very young. If confidence allows us to try new things and doing new things builds confidence, it must be crucial as a small child when all of our experiences are new.

Confidence is not only built on success or failure, however, but on the support of those around us. When a child tries to walk for the first time and falls, the child doesn't lose confidence and give up forever partially because it is (hopefully) being cheered on by its family.

After all, an individual's confidence is not shaped entirely on the individual's belief in the ability to succeed alone, but also in the individual's belief in their support system to help them when they need it.

### Confidence At School

Confidence continues to develop throughout our childhood. This can be seen in the competitive nature of children, as well as in their tendency to take risks.

This is also the time when children find themselves forced into that most alien environment – school.

In school, grades and new social situations can be very formative in terms of a young one's confidence. For better or worse, both of these factors play a part. Some children who have very high grades may have poor confidence levels if they do not have advanced social skills, while children who do poorly in school may retain high confidence because they have friends or a family that doesn't hold them to a high standard of academic achievement.



### **Confidence At Work**

Toward the end of High School and into college, most people enter the workforce in some capacity. Like school, an occupation can be a huge confidence builder or breaker.

The job that a person has, how they perform at that job, and how they balance work with other commitments, can all contribute to how an individual sees themselves. Someone with a less glamorous job may take a confidence hit, or their ability to do well in that job may build their confidence. Somebody with a more prestigious job may see their confidence soar, or the demands that that job places on them may make them question their abilities.

### **Confidence In Later Life**

Fortunately, our levels of confidence don't solidify when we enter the professional world. We might have achieved a sort of baseline by around our late twenties, but confidence can still change throughout our lives.

As a result, confidence in a person's adult life can be rather like the tide, sometimes high, sometimes low, but always within a measure of the same mark.

Eventually, however, most of us finally settle into positions into which we are content. Happy in the work that we do and no longer burdened by the pressures of climbing the ladder, the confidence of those in old age tends to be fairly high.

## When You Like Who You Are It Shows In Your Confidence

There are a few factors that contribute to your overall confidence level, but none more than your personal view of yourself. Your personal self-image plays a crucial role in your confidence.

### **Your confidence is an expression of your self-image**

The level of confidence you exude are a direct expression of how you view yourself. The more you like yourself, the more confident you will seem to those around you.

If you have a poor self-image, it works to breakdown your confidence, leaving you a shell of doubt, indecisiveness, and negativity.

When you're comfortable with who you are and appreciate yourself for the good qualities you bring to the table, you exude that positive energy through your confidence.

### **There's a balance, though**

Despite it being a good thing to like yourself and be confident, there's a fine line between that and arrogance/conceitedness. If you're not careful, you'll conflate your positive self-image to a point of arrogance, seeing yourself as superior to those around you, looking down at others. Part of having a healthy confidence is being aware of your strengths and your weaknesses.

We all have room for improvement as there is no such thing as perfection in humanity. We aren't suggesting that you regularly tear yourself down, but, rather, to look at yourself honestly and logically; be realistic about your strengths and your weaknesses.

### **How to like yourself more**

If you have a problem with yourself image in the way of your like or dislike of yourself as a person, there's a few things you can do to change it. The following listed practices can help to improve how you view yourself.

### **List what's weighing on your conscious**

A common reason people don't like themselves is because somewhere on their conscious rests an action that causes them to dislike who they are as a person. The only way to rectify this issue is to atone for whatever is weighing on your conscious. Forgive yourself for what you did and seek out the forgiveness of others when necessary.

### **Put others before yourself**

If you feel like you aren't a good person, it can lead to a dislike of yourself. A good way to combat this is to make a habit of putting the needs of others before your own. You can start simple by doing something like holding a door for someone or letting someone cut in front of you in line because you're still deciding. You can volunteer to help at a soup kitchen, food bank, etc.

### **Try something new every day**

Many people have a poor self-image because they feel like they play it too safe. If this sounds familiar, try implementing a policy of trying at least one new thing every day.

This can be a new food, a new activity, pushing yourself to take on a harder challenge, etc. By sticking to this, you'll prove to yourself that you can do more than you previously thought possible and won't regret not taking chances.

Your confidence is a crucial part to your success in every aspect of your life: career, romantic, social, etc. If you like yourself, it exudes through your confidence. The more you like yourself, the more it shows in your confidence.

However, there is a balance to it as high confidence walks a fine line with arrogance. We hope you found this article to be helpful in improving your self-image and causing you to like yourself more.

## The Connections between Confidence and Self-Esteem

Self-confidence and self-esteem are two rather similar traits that often go hand-and-hand, but they aren't necessarily the same thing. Many people mistake them for being interchangeable, but they actually work together.

### What is the difference between confidence and self-esteem?

"Confidence" is defined as a "belief in oneself and one's powers or abilities." Someone who is confident believes they can meet new feats, take on new challenges, and don't hesitate to seize opportunities that come their way.

"Self-esteem," on the other hand, is defined as "a realistic respect for or favorable impression of oneself." According to Psychology Today, our "self-esteem is our cognitive and, above all, emotional appraisal of our own worth."

While self-esteem and confidence often go hand-and-hand, they are inherently different. Both traits can be strengthened and fostered, but self-esteem will remain constant once built up while confidence can fluctuate.

Building up your self-esteem can help boost your confidence, but that doesn't mean something else can't knock it back down.

### What is the connection between the two?

While it's true that they are two different traits, they often work together. For instance, high self-esteem can lead to more confidence in a person. Building your confidence in a skill or trait, however, can also help to contribute to an overall positive self-image and high self-esteem. How does this work?

Your confidence in a task or skill is built up when you perform or demonstrate it successfully or achieve a goal. As you become more confident in your ability to do the task or utilize the skill, you'll start to have a more positive view of yourself, improving your self-esteem.

It's important to note that you can't mask your low self-esteem by more confidence. Many people try to make themselves appear more confident, often coming off as egotistical and arrogant, as a means to appear like they are full of self-esteem, when in reality they're self-esteem is low. While both are important traits, self-esteem is constant and needs to be built up and nurtured in order to live a successful and happy life.

### **How can a healthy balance of self-esteem and confidence benefit you?**

There are many ways in which the right combination of these two traits could greatly benefit your life. Self-esteem and confidence can certainly take you far in your career. These two traits work to empower you to seize new opportunities, make innovative suggestions, and take on new challenges. They exude from whoever possesses them, making them seem like natural-born leaders.

Having a healthy combination of self-esteem and confidence can also help to take improve your relationships. Being confident and full of self-esteem will empower you to talk to someone you may have been too nervous to before or ask someone on a date. It can also make you seem more appealing to them as being a decisive person who know what they want in life.

Self-esteem and confidence are two traits that, when in the proper amounts, can take you far in life. They are often thought to be interchangeable, but they are, in fact, different and aren't mutually exclusive.

Building up both of these traits can go along way to improving your mental and emotional wellness as well as quality of life and chances of success in your professional life.

We hope we've helped you to sort through the difference between these two, as well as the connection. We wish you the best of luck on your journey to strengthen your confidence and self-esteem.

## Is Your Confidence Too High?

Confidence is important for navigating social situations, reaching your potential in the workplace, achieving or maintaining healthy romantic relationships, and other major life objectives.

Like any good thing, however, too much confidence can cause problems in your relationships and make things more difficult for you.

This article will describe a series of questions that you can ask yourself in order to “check your confidence” too see if you suffer from a surfeit of confidence – otherwise known as “arrogance.” It will also give tips on how you can adapt your behavior to fit certain situations, while still being yourself.

### **Do People See You As Competitive?**

People with high levels of confidence are often eager to test their abilities and prove their strengths. Further, very confident people tend to be very outgoing. As a result of the combination of these traits, very confident people can often come off as very competitive.

In some contexts, this kind of behavior may be appropriate, or even encouraged. In other settings or around other people, however, this kind of behavior may be seen as stand-offish, aggressive, or just exhausting. This is particularly true if some of the people that you associate with at work or in a social group are not so confident.

While being confident and expressing your confidence can be a good thing, very confident people may need to think about their social setting and ask themselves whether certain actions are appropriate.

### **Do People See You As Intimidating?**

Scaring off romantic interests can also be a sign of overconfidence.

As stated above, very confident people can be so outgoing as to make other people feel uncomfortable, or even threatened.

If you can come off as competitive to your friends, you may be coming off as aggressive to people who don't know you as well. This can scare off potential romantic partners.

The best way to avoid this kind of inappropriate or unwanted behavior is to pay attention to the social cues of the individual that you are interested in and to try to match your level of energy to theirs. Whether you are overconfident or not, asking your romantic interest if they are comfortable with actions before you do them is an important way to make sure that everyone is comfortable and on the same page.

## **Do You Take High Risks?**

Taking risks is often a good thing, provided those risks are calculated. In fact, taking calculated risks is a good way for people with low confidence to increase their confidence. However, very confident people are more likely to take greater risks more often. These risks can then backfire or succeed but with an unhealthy level of stress.

This can often become a vicious cycle in which the overly confident person takes progressively greater risks until something goes wrong. On the way, however, the individual may see their mental, physical, emotional, and material resources exhausted as they force themselves into increasingly challenging situations.

Some overly confident people also have extensive support systems including family, friends, and colleagues, who may end up putting up with more than their fair share of burden as their overly confident charge drags them through their trials.

It can be a good idea for very confident individuals to consider opportunities to take chances carefully, and with the help of members of their support networks including family members and significant others, colleagues, and friends. It can also be important to not take on too many projects at a time.

Confidence is good, and overconfidence isn't necessarily bad – it just needs to be tempered in certain circumstances. This is important so that the individual doesn't drive off family, friends, and strangers, but also for the individual who may see their overconfidence lead to poor life choices.

## The Fine Line between Confidence and Arrogance

Confidence is an admirable trait, typically indicative of someone with leadership qualities. However, too much confidence can be a very bad thing. There's a fine line between being overly confident and being arrogant, but there's still a distinction between the two that can't be ignored.

### Identifying the fine line between the two

Confidence is the inner trait that empowers us to try challenges and new experiences; it's having a favorable view of your qualities, skills, and value. Arrogance, however, takes that to higher and more detrimental levels.

According to an article on a Penn State blog, "Arrogance [...] is the thoughts or actions that come from thinking that you are better or more superior to others."

Rather than just being confident in your self-worth, arrogance takes it a step further and says you're better than everyone around you. It's pretty obvious how this could be detrimental to you, but in the section that follows, we'll go into greater detail.

### The danger of crossing the line from confidence to arrogance

While a healthy amount of confidence is appealing, good for you, and necessary, crossing the line from confidence to arrogance can be detrimental to yourself and various areas of your life.

Arrogance tends to be an abrasive trait; few people actually want to be around someone who acts as though they know they're superior to all those around them. Arrogance could also make a potential employer less likely to hire you, getting the impression that you think you're too big for your britches, so to speak.

Being arrogant can have the largest effect on your relationships, both romantic and otherwise. When you're arrogant, you're less likely to compromise in a situation or concede in an argument. Relationships are all about give and take and those who are arrogant, rarely give because they see themselves as being right.



### **Tips for keeping yourself in check**

It's easy to cross the fine line between confidence and arrogance, but there's a few things you can do to keep your confidence in check. A simple practice that's a good starting point for keeping your confidence in check is to take a small amount of time throughout each day to spend in self-reflection.

During this time, you should analyze your thoughts and actions closely; were they exuding confidence or arrogance?

Were you confident in your own personal ability to complete the task, for example, or were you certain you were the only one capable of doing it?

Another way to keep your confidence in check is to pay attention to how others act around you and how they react to things you do.

### **Be aware of your surroundings and read the room.**

Do people seem put off or bothered by your behavior? If you're unable to tell from your reflection time if you are bordering on becoming arrogant, you can glean from your observations of your friends if you might be in the danger zone.

While confidence is a greatly admirable trait that can be indicative of other positive and appealing traits like decisiveness, surety, and leadership qualities, there's a fine line between healthy confidence and arrogance.

Crossing this line can be detrimental to your relationships, career, and, frankly, yourself. We hope we successfully explained the difference between these two traits, how to identify once you've crossed the line between them and provided you with some ways to keep your own confidence in check before it broaches crossing the line to arrogance.

## Five Reasons Confidence Is Attractive

They say the most beautiful people are the happiest. While that may be true, the root of happiness is confidence. This involves an increased awareness of yourself, your personality and your experiences.

Confidence isn't limited to finding yourself physically attractive. It's the idea that you are capable of accomplishing anything you set your mind to.

While this concept may seem easy to grasp, many people unfortunately lack a healthy amount of confidence.

In order to become a confident person, you have to first understand what confidence can do for you. To begin, confidence is undeniably attractive. Let's consider five reasons why.

### 1. Confident People Know Their Worth

When you are confident in what you can bring to the table, you don't allow the opinions of others to shape your actions. You know what you deserve, and you won't accept anything else. This is extremely attractive to others because your power is magnetic.

When people with high confidence exude this value, they attract others who are like minded. In addition, confident people typically don't engage in activities that combat their talents. Rather, they invest in themselves to get where they want to be.

Self-awareness, motivation and reaching your goals are some of the most attractive qualities in a person. All of these begin with self-confidence.

### 2. Confident People Aren't Afraid to Take Risks

Whether it's taking on that big project at work or starting their own business, confident individuals aren't afraid to take the risk. They are aware of their capabilities and they aren't afraid of failure. Because of this, others are attracted to giving them opportunities. Not being afraid to fail or try something new is what makes them stand out.

### 3. Confident People Believe in Themselves

Confident people not only know their worth, they believe in their capabilities. If they excel in one area, they aren't afraid to express that. They don't doubt their abilities due to fear or intimidation. Rather, they believe in themselves to the highest extent. This makes other automatically attracted to them. They know they can go to these people for guidance or advice that is legitimate.

#### **4. Confident People Carry Themselves with Value**

Individuals who are confident carry themselves with grace and value. They give off an energy that is attractive to others. It's a presence that's undeniable and attracts the attention of others.

When you carry yourself with dignity, you are showing people how you demand to be treated. You won't allow others to treat you as less than or demean your worth. Rather, you hold your head high and keep going.

#### **5. Confident People Find Communication Easy**

Individuals who embody all of the qualities listed find it easy to speak to others. They aren't afraid to start new conversations or make friends. Because of this, their communication style is advanced. They are attractive to others because of their willingness to speak without reservation. This doesn't mean that confident people are stellar public speakers. Rather, despite nerves or the unknown, they still push through and start the conversation. Individuals are drawn to this because they are friendly and open. This level of attractiveness could be due to humor, intelligence or grace.

Confident people are more attractive because they have a heightened sense of awareness. They aren't afraid to take risks or put themselves out there. Because of this, people are automatically drawn to them.

If you are working on your confidence, take the time to really find yourself. By doing so, you will attract others who will treat you with dignity and respect. Cultivating a sense of confidence is one of the best investments you can make for yourself.

## Five Signs Your Confidence Needs Work

Confidence is an essential part to your success and happiness. It's crucial in anyone wanting to take on a leadership role but can behoove everyone. Confidence isn't something you just possess naturally; it takes effort and work to strengthen and maintain.

It can be difficult, however, to identify when you need to put a little more effort in and work on your confidence. In this article, we'll provide you with five warning signs that it's time to work on your confidence again.

### 1. You concede more than you fight

While some level of negotiation and give in an argument is acceptable and even commendable, if you concede in a majority of your arguments or, worse, all of them, it's a big sign that you should work to boost your confidence. It's reasonable to give some, but if all you do is give, it can be harmful to you. Your opinions and views are valid and matter, it's important for you to stand up for them when necessary.

### 2. You're deeply offended by constructive criticism

A common sign that your confidence is struggling is if you take constructive criticism a bit too seriously. If you find yourself constantly getting deeply offended by constructive criticism from friends, loved ones, or authority figures, you may want to consider working on your confidence. While it's normal to be a little disappointed or even mildly hurt by constructive criticism, it should not be something that you regularly take great offense over.

### 3. You hold back when you should speak up

A little bit of nervousness and fear are normal when being bold with your opinions by speaking up, but if you find that you're always holding yourself back, it's likely a confidence issue. Confidence helps you to push past that initial anxiety and insert your opinions into the conversation. If this seems difficult or impossible for you, you may want to consider working on boosting your confidence.

### **4. You're frequently indecisive about minor things**

If you find that you're overly indecisive about the slightest decisions, you may have an issue with your confidence. For example, if merely deciding over what show to watch or what food to eat sends you into a panic or takes you 30 minutes or longer to make, you should work on improving and strengthening your confidence. The same is true for if you find yourself, after making a decision, changing your mind over and over, still unable to actually commit and decide.

### **5. You're constantly comparing yourself to those around you**

One of the most detrimental things you can do to yourself is comparing yourself to others around you. Each person is a unique individual with unique struggles and strengths; there's simply no standard or logical way to truly compare two such very different people fairly. Being concerned over how you stand up in comparison to others is a waste of your time and energy. You are more than enough and offer something unique to the world. If you find yourself always comparing yourself to others around you, it's time to start working on building your confidence.

Confidence isn't something you're born with or inherently have, despite popular belief; it takes effort and work to build up your confidence successfully.

It can be difficult to identify when you need to work on your confidence, but if you pay attention to how your friends and loved ones act around you and watch out for these five warning signs, you can identify the problem and start working to resolve it.

Building and maintaining your confidence can be difficult and, at times, seem tedious, but it's well-worth the effort.

## Six Things That Hurt Your confidence

Maintaining a healthy confidence level can be hard. Too much confidence can lead to taking extreme risks and too little confidence can keep you from living your best life.

Sometimes it seems like confidence is either something you are born with. While it's true that confidence develops most drastically while we are young, events and circumstances throughout our lives continue to shape our confidence levels.

Things like praise from peers and supervisors, support from people around us, and success at work can all improve our confidence, the things discussed in this article can damage confidence. That's why this article will also discuss ways in which you can avoid, escape, or change circumstances that hurt your confidence.

### Poor Self Image

Nothing kills confidence as much as a poor self-image. If you don't like yourself, how can you be confident in your own abilities and value.

### Mistakes

Failing hurts your confidence, but sometimes that's for the best.

While no one likes to see their plans go sour or their hard work go to waste, sometimes mistakes happen, and they keep us from getting too full of ourselves.

As mentioned above, too much confidence is a bad thing. So, the next time things don't work out the way that you wanted them to don't be humiliated – be humbled. Be grateful for the learning experience and keep moving forward.

### Toxic People

The people around you can have a huge impact on your confidence.

If the people around you support you and help you realize your self-worth, it can improve your confidence. If they put you down and insult you, it can hurt your confidence. In some cases, the best thing to do is remove these toxic people from your life. Other times, however, knowing why they treat you this way can help you help them.

Sometimes, people put other people down because they are insecure and belittling others makes them feel more important. While it can be difficult, praising these people when they do get work and letting them know that they are valued can make them feel more secure so that they don't feel the need to put down others to lift themselves up.

Putting others down is also often a part of abusive relationships. The abuser often tries to hurt the confidence of the abused so that the abused will feel dependent on the abuser. If you can't leave the situation or want to save the relationship as may be the case with an abusive spouse or parent, letting them know that you don't want to leave them can sometimes help.

Playing nice doesn't always work, however, and it doesn't always have to. If someone is constantly putting you down, your first responsibility is yourself and your own safety. If leaving the person is the only way to protect your mental and emotional health, find a way out.

### **Past Experiences**

Sometimes, something in your past may have hurt your confidence and dwelling on it may be continuing to hurt it. Whether it was a traumatic event or abuse, even if the abuser is no longer a part of your life, the wounds of the past can feel very fresh.

For some people, moving on and recovering confidence may require therapy. Other people just need time and support from family and friends.

Taking small and calculated risks can also help you to learn what you are capable of to develop a sense of confidence that accurately reflects your abilities.

Sometimes the situations that hurt our confidence can be blessings in disguise that keep us humble and make us wise. Sometimes they are the result of situations that we can improve or the actions of hurt people who need help.

Whatever the case may be, understanding the situation can help each and every one of us to accept ourselves, grow, and change for the better if only we understand the situation as being larger and more nuanced than our own faults and inadequacies.

### **Perfectionism**

Perfectionists believe that they need to be perfect all the time, since no human is ever perfect, this mindset only hurts confidence, and prevents you from knowing how great you really are.

#### Societal Norms and Expectations

Body image is one example of how society can impact your confidence level. Thin and skinny is highly regarded, while being overweight is shunned. There are plenty of overweight people who feel confident within themselves, and that is because they do not allow society's views to impact how they feel about themselves.

## How To Build Confidence

Confidence is very important for moving up the ladder at work, establishing and maintaining romantic relationships, and navigating social situations. Unfortunately, it can seem like you either have it or you don't.

The good news is that this is not actually the case. While confidence starts to form very early in childhood, it never reaches a point where it stops changing. That means that you can always increase your confidence. Try the following suggestions:

### Take Compliments

Some people with low confidence think so little of themselves, that they try to reject or refute compliments from other people. This is unfortunate, because compliments should be a welcomed confidence booster, not something to deflect.

If you're one of those people who tends to shy away from compliments, try to take them. Instead of dismissing your next compliment with "it's not that good," or "anyone could've done it," try taking it with a "thank you." You'll likely find that when you take compliments you feel better and that people give them to you more often.

### Give Yourself Compliments

Your confidence doesn't only change based on how other people talk to you and treat you, it also changes based on how you talk to and treat yourself.

Being mindful of the words that you choose as you think can help you to choose more positive words, which can help you to consider yourself and your world in a more positive way.

### Take Care Of Yourself

Taking care of yourself can also be important for maintaining and building confidence. When we aren't feeling confident, we may reflect this by not putting much thought or effort into things like making healthy eating choices or picking out nice clothes. These can then be things that we notice about ourselves that further harm our confidence, becoming a vicious cycle of self-depreciation.

In order to build confidence, act confident.



### **Take A Calculated Risk**

Another good way to build confidence is with a calculated risk. Our confidence goes up when we succeed at something. Doing something that you wouldn't normally do, but that you think you could do with some hard work, can be a great way to build your confidence.

Of course, with this one, it's important not to pick just the right goal. If you pick something too easy it won't improve your confidence when you succeed, but if you pick something too hard you risk failing and further damaging your confidence.

### **Don't Dwell On Confidence**

A final, and potentially counterintuitive way to boost your confidence is to stop thinking about confidence.

If you aren't feeling confident, and you know it, confidence can just seem like another thing that you're bad at. Besides, maybe confidence is over-rated anyway. Focus on your work instead of on the confidence vibes that you are or aren't giving off, and your work will likely improve – and maybe take your confidence with it.

The same thing happens with dating. When we're confident we are able to spend more time focusing on the task at hand instead of worrying about how we are doing or how we look. As mentioned above, however, you don't have to be confident to act confident – just start focusing on what you're doing instead of what you might be doing wrong.

Confidence changes every day, for everyone. If you see someone that seems naturally confident, it could be that they're confident every day, but it's just as likely that they know how to take a blow to their confidence and keep going.

When you get bogged down on things like confidence, you're just adding another issue to be concerned about. Confidence is important, but if you dwell on it too much, you're likely to just end up hurting yourself.

## How To Identify Low Confidence Levels

Having confidence that is too high can get you into trouble, so having a cap on your confidence can be important. However, having confidence that is too low can prevent you from living your best life. So, the question is, how do you know if your confidence is “in check” or too low? Fortunately, there are a few symptoms of low confidence that you can watch for, as well as some things that you can do about it.

### **You Can't Take Compliments**

The first tell-tale symptom of low confidence is the inability to accept compliments. Many people with low confidence won't just shy away from a compliment, they'll try to refute it. This is a shame because taking compliments is a great way to develop healthy confidence because it's based on other people's perception of your abilities rather than your own.

There's also a long-term consequence: if you fight off compliments for too long, people may start to believe in your self-doubt.

The best defense against this issue is to simply accept a compliment from time to time.

### **You Won't Change Your Job**

Another easy sign of low confidence is professional stagnation.

Low confidence can often mean that the individual is afraid to take promotions, look for new projects, or even apply for jobs – despite being qualified through appropriate education or experience. Unfortunately, a career is part of how we identify ourselves so lacking the courage to take more challenging or rewarding occupations can prevent a growth in healthy confidence.

There are a couple of solutions to this issue. The first is to wait for opportunities to arise. Your supervisor probably wouldn't offer you a promotion if you weren't ready.

The other solution is to watch for opportunities but ask a trusted group of family and friends for advice before applying. This system allows people with low confidence to rely on the judgement of others to place them in a position where their talents and ability will help their confidence grow naturally.

### **You Have Problems With Relationships**

Confidence is important for pursuing romantic relationships. While too much confidence can be intimidating to some people, having low confidence can lead to isolation or worse – maintaining a relationship that is unhealthy.

Some people with low confidence will not pursue romantic relationships for fear of rejection or will tolerate abusive relationships because you think you are capable of or deserve no better.

For those who are afraid to pursue romantic relationships, you don't have to. While it might be nice to foster a relationship that you come into naturally, many people face societal pressure to enter into a relationship even if they don't want or need one or aren't ready for one.

You will be healthier and happier if you wait for a relationship until you are ready for one and you find one naturally. This method also eliminates much of the stress that comes from social places where many people go to find relationships like bars.

For those who exist in abusive relationships, you deserve better, even if it means being alone for a while. Your doctor or local law enforcement will be able to help you find resources near you to guide you through leaving an abusive relationship, whether emotionally abusive or physically abusive, whether you want to press charges or not or whether you need protection or not.

Confidence is a touchy thing. Too much can get you into trouble, while too little can keep you from realizing your full potential and even keep you from living an emotionally and physically healthy life.

While keeping your confidence from getting too high is important, be careful to trust in yourself and in your family and friends to keep it from getting too low.

## How To Inspire Confidence In Others

Whether you're a parent, a friend, a coworker, or just a nice person, from time to time you probably want to help other people be more confident. Fortunately, there are quite a few easy things that you can do to help inspire others so that they can become self-driven adults, harder working colleagues, or more motivated members of society.

### Acknowledge Hard Work

One of the simplest ways to inspire confidence is through acknowledging someone else's work and effort.

In the case of children and coworkers, this can take the form of praise. In home and work environments, it is often appropriate to outright say "This is great, you did a really good job on this!"

If you're trying to help a friend be more confident, this kind of acknowledgement can be a little awkward. Instead, try relating a story of your friend's success or hard work to mutual friends who may have missed the initial telling.

You can also inspire confidence in strangers when they do something (someone who is being helpful on the bus or subway, for example) by simply saying "thank you." Sometimes people lose confidence because they feel that no one appreciates them, so showing a little gratitude can go a long way.

### Perfectionism

Perfectionists believe that they need to be perfect all the time, since no human is ever perfect, this mindset only hurts confidence, and prevents you from knowing how great you really are.

### Societal Norms and Expectations

Body image is one example of how society can impact your confidence level. Thin and skinny is highly regarded, while being overweight is shunned. There are plenty of overweight people who feel confident within themselves, and that is because they do not allow society's views to impact how they feel about themselves.

### **Don't Let Mistakes Go**

Inspiring confidence can be a little more difficult if someone didn't quite meet the mark.

This is particularly easy to illustrate in the case of children, who perhaps didn't do so well on an assignment, or forgot a step while doing their chores. If you just say that they did a good job it might boost their confidence, but then they won't realize what they did wrong. Instead, thank them for the work that they did, but point out that next time they should show some care around their problem areas.

In coworkers, the case is similar. Play up the progress that they made and consider offering to help them along certain parts the next time.

In the case of a stranger (say, a waiter who forgot to bring you your silverware or a drink that you ordered), point out the issue, but point out that you understand how very busy they are or something to that effect.

### **Offer Support**

You can also inspire confidence in others by supporting them when they need it. This can take many forms, depending on the case. In any case, it can mean helping that person when they are having trouble with something.

If a child did poorly on their homework, offer to help them in the future. If a colleague is taking heat at work, try sticking up for them to the boss. If someone looks like they're having a hard time, try to offer some advice, or share a story of a time when you overcame a similar problem (without making it all about you).

We all have times when we struggle with things and knowing that other people have gone through the same thing and that we have friends, family, and colleagues who support us can be a huge confidence booster.

### **Make The World A Better Place**

When we have confidence, we do better – no matter what it is we're doing. When you inspire confidence in a colleague, you're making your workplace more efficient. When you inspire confidence in a child or a stranger, you're making the whole world run a little more smoothly.

Confidence largely comes from how we perceive ourselves. However, because we perceive ourselves in the context of the world that we live in, the way that other people treat us has a huge impact on our self-image. This can sound like a huge responsibility, but it's really more like an opportunity.

## How To Stop Doubting Yourself

Having doubts is one thing, but constantly doubting yourself is different. If you doubt yourself in a certain situation it may be because you are unfamiliar of that kind of situation, but if yourself in every situation, it may mean that you are out of touch with yourself.

This can lead you to be indecisive and can prevent you from realizing your full potential at work or in romantic relationships. But how do you stop doubting yourself?

### Try Things That Make You Uncomfortable

As long as the risk isn't too big, doing things that you aren't sure of is a great way to actually learn your limits. More often than not, when we doubt ourselves, it isn't because we have had similar experiences, it's because we haven't. Doing things, even when they seem uncomfortable or scary, is an important part of learning about what sorts of things we can handle or even be good at.

### Keep A Diary

Another good way to stop doubting ourselves is to keep a diary and every month, or couple of months, or every year, go back and read your entries.

More often than not you will likely find that you were very apprehensive about something when it first came into your life, but it may now be a non-issue. It can be fun and empowering to read your own thoughts and feelings about something as you doubt yourself, cautiously proceed, and eventually succeed. Sometimes it can be hard to notice these things as they happen, but they are very easy to recognize in retrospect.

### Ask For Advice

For whatever reason, when we doubt ourselves it is often because we cannot see or appreciate our own talents. That doesn't mean that those around us can't. Asking for advice from someone who knows you well, like a colleague, friend, or family member before making a big decision can be important. Of course, you should specify that you're asking for advice, not a pep talk.

The point isn't to hear them talk you up, it's to hear their opinion on whether or not you should take a chance. It would be more helpful to hear them respectfully say that maybe you are right to hesitate than it would be helpful for them to encourage you to take a chance that you aren't really ready for.

### **Ask For A Pep Talk**

That having been said, sometimes a pep talk is exactly what we need. This is often the case when we want to do something and feel that we would be good at it, but for whatever reason we still have that voice in our heads telling us that we aren't good enough. It's okay to find a friend or family member and say, "I'm thinking of applying for this job (asking my significant other to marry me, &c.) and I could really use some encouragement."

### **Give Yourself A Pep Talk**

Sometimes you can also give yourself a pep talk by imagining that you are interviewing for whatever it is that you are thinking about doing. Interviews can be stressful, but imagining that you are being interviewed can help you answer questions like "What are your strengths?" and "Why would you be a good fit for this position?"

### **Talk To A Counselor Or Therapist**

If self-doubt is a problem that you've always had, maybe you should consider talking to a counselor or therapist. Sometimes self-doubt is the result of an experience or interaction that you may have had early in life and forgotten about. If self-doubt is strongly and negatively impacting your life, it might be worth seeing if a professional can help you. Your healthcare provider might be able to help you to find a good therapist or counselor in your area.

Self-doubt isn't just annoying, it can keep you from living your best life. Taking time to appreciate your past achievements and show yourself some self-love can be important, but so is having a supportive network of family and friends who want what is best for you and are willing to help you reach for it.

# Thank You

Please visit us at

[www.AIHCP.net](http://www.AIHCP.net)

