

SELF-CONFIDENCE

Self-confidence is important for success in secondary school, post-secondary education and beyond.

self-confidence =

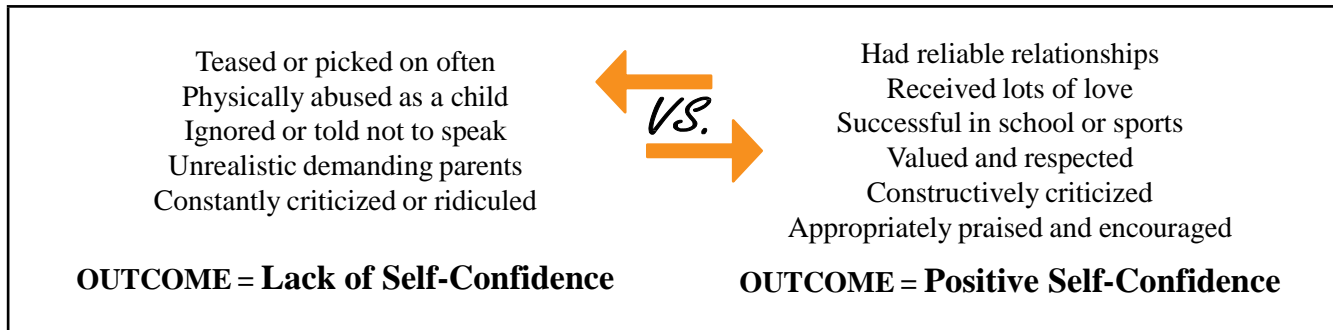
Positive, realistic views of yourself along with a sense of control of your life.

lack of self-confidence =

Self-doubt, low mood and passivity. Feelings of inferiority and confusion in life.

HOW IS SELF-CONFIDENCE DEVELOPED?

Lack of self-confidence is NOT related to lack of ability but it may be a result of unrealistic expectations as well as negative early experiences. Below is a chart with negative early experiences that may affect one's level of confidence.



HOW TO BECOME MORE SELF-CONFIDENT

Stop comparing yourself to your ideal perfect person - that person does not exist!

Here are some **tips** to becoming a more realistic and self-confident person.

tip 1: *Stop the inner critic* – One of the most important things to do is to tell the negative voice in your head to be quiet. If someone else compliments you DO NOT listen to that little voice in your head causing doubt, just say thank you for the compliment and be proud of yourself. Talk to yourself as you would talk to a friend.

tip 2: *Think logically* – Don't assume negative reasons are always the cause of an event. If someone walks by and doesn't smile at you, don't assume it's because they don't like you or think you're weird. It's not always about you!

tip 3: *Practice self-care* – Put yourself first, eat a healthy diet, exercise, get enough sleep and take care of your appearance. You are worth the effort.

tip 4: *Give yourself credit* – List things you like about yourself. Think about what you are good at and commend yourself. Put pictures of you and your friends up on the wall or on your desk.

tip 5: *Stick up for yourself* – Speak clearly and loudly, especially when you have something you want to say. Your opinions are just as important as the next person's. If you disagree with someone, tell him or her in a positive way. It may be hard to do at first but once you do, you'll feel better about yourself and people will listen to what you have to say.

tip 6: *Take Risks* – Don't be afraid to fail or embarrass yourself. Try new things and consider them opportunities to learn and grow.

tip 7: *Have fun* – Get out and do something you are good at and enjoy doing: activities like shopping, playing a sport, listening to music, watching a movie or reading a book.

tip 8: *Forgive yourself* – If you don't do as well as you had hoped, so what! Let it go, you can't win 'em all. Just know you tried your best and had fun.

tip 9: *Get support* – Talk to your friends. It's ok to “vent” once in a while; that's what friends are for.

tip 10: *Be positive* – NO matter what, think of something positive in every situation!

*YOU HAVE EVERY
RIGHT TO:*

BE HEARD!

Your own opinion

Express yourself

Ask for help

Make mistakes

Have good relationships

Speak your mind

Your own beliefs and values

Change your mind

Decide how you live your life

When you start believing in yourself and your rights, you will feel more self-confident. Remember that standing up for what you want doesn't make you selfish! Selfishness is caring only about yourself with complete disregard for others.

~ Everyday Getting Heard Scenario ~

You and your peers are discussing new ideas about how to make a group project better. You seem to have the best idea. Then when the plan starts to unfold, one of your friends completely takes all the credit for your idea. What do you do??

A passive person would put their head down and say nothing, feeling sad, left out and violated.

An aggressive person would get mad and say, “Hey Butthead, that was my idea!”

An assertive person would stand up and say, “Excuse me, but that was my idea.”

In addition, **assertiveness doesn't mean you will always get what you want**, nor will it guarantee fairness. However, speaking up will help you to be heard!

TIPS TO BEING HEARD

- ❖ Speak up when you have an opinion and express it with confidence.
 - I think _____. Or I feel _____. Or I believe _____.
- ❖ Be specific and clear about what you want, think and feel.
 - I do not feel comfortable when you talk to me about other people.
- ❖ “Own” your message. Don’t say someone else said _____. Say whatever comes from YOU and own it.
 - I agree with _____.
 - I know ___ to be true.
- ❖ Ask for help if you need it.
 - Would you be able to help me with _____?
- ❖ Don’t be afraid to say “no.” If you are too busy or don’t have the resources, don’t pressure yourself. You have to say no sometimes to protect the important yeses.
 - I would like to do that but I’m too busy this weekend — maybe another time.
- ❖ Ask questions when things don’t seem fair.
 - I don’t understand. It doesn’t seem fair to me.

Learning to be heard may take time, so don’t give up. Practice with your close friends and people who will support you. Always remember to respect yourself and know what you deserve.



CHECK THESE OUT:

<http://www.self-confidence.co.uk>

<http://self-esteem-nase.org>

<http://changingminds.org>