



Self Confidence – Instructor Guide

Tips for teaching self confidence to your students;

1) How to Feel Good When You Need to

Because self confidence and feeling good has a major 'hormonal' element, you can change the way you feel by re-living good times. If you can remember a time you felt really self confident, then excellent - use that! If not, then use a time you felt contented or happy. Taking deliberate control of your thoughts and emotions will have a huge impact on your self confidence and other areas of your life.

2) Beating Self Consciousness, Confidence Enemy No.1

Although useful for learning about the impact you have on others, too much self consciousness is the No.1 enemy of self confidence. The trick is keeping your attention off yourself when you need to. Here's how...

a) When you feel self-conscious, (you can usually tell because you start to feel anxious), choose something outside of yourself to focus on and study it in detail. For example: examine a door, look at the different textures and shades of colour, wonder about who made it and how and so on. The important thing is that you're learning how to keep your attention off yourself.

It is a good idea to practice this technique in private first. Just sit quietly, practicing focusing firstly on your own thoughts and then deliberately focusing outwards onto a picture or piece of furniture.

b) Social self confidence can be difficult to find sometimes because it is unclear what you are 'supposed to do'. In this event, concentrate on what your purpose in the situation is. Whether you're there to:

- find out if you like the other people present
- make others feel comfortable
- find out some information
- make business contacts
- and so on...

It's much more difficult to feel self-conscious if your mind is occupied with a task.

People are often most comfortable with others when working towards a common goal. The common goal of socialising could be making friends, the exchange of mutually beneficial information; expanding your knowledge of different types of people... it could be whatever you want it to be! The key is to have an aim.



3) Watch Out for Undue Criticism - Especially Your Own!

Have you noticed that people will speak to themselves in a way they would never speak to others? You know the sort of thing - you break a glass and it's "*You stupid idiot. You can't do anything right can you?*"

Criticism that leaves the receiver feeling upset or depressed is rarely useful.

Challenging your own assumptions about yourself and other people can really help build self confidence. Here's a few to get you started:

1. Those confident-looking people have bad moments too - you just don't get to hear about them!
2. If you feel under-confident, it doesn't mean other people can tell. They're often too caught up with their 'own stuff' to notice!
3. If you catch yourself saying things to yourself like "I'm no good at anything" then rest assured, you're wrong about that. Everyone can compose a sentence, get successfully to the store, eat without choking and do a million other things. Emotion can make things seem hopeless when they rarely are.

Don't let yourself make sweeping statements about yourself - in the long run it is this sort of thing that can really damage your self image. If this happens, say to yourself calmly and gently, "Hold on a minute, that's not true". If you can come up with some evidence that disproves the sweeping statement, then even better. It may take a bit of effort at first, but the impact on your self confidence levels is huge.

Building self esteem is not just about thinking good of yourself; it's about not thinking bad for no reason!

4. Just because you have felt bad about yourself in the past doesn't mean you're always going to feel that way. I have seen hundreds of people surprise themselves once they have learned how to build self confidence in a way that it stays built!

The important thing is to get away from thinking "*Why did that happen?*", or "*Why do I feel this way?*" and towards "*How would I like to feel?*", "*In what situations do I feel confident?*" or, "*What do I need to learn in order to have better self confidence in this situation?*"



Self Confidence – Classroom Messages

<p>WK 1</p>	<p style="text-align: center;">Be Your Own Friend</p> <p>Our opinion of ourselves affects everything we do. Believing we cannot do what we want to do handicaps us into not being able to do it. If you tell yourself that you are ill long enough, your body will eventually become ill. If you tell your brain constantly that you cannot do something, you will not be able to do it. Start filling your brain over and over again with positive thinking until you firmly believe what you are saying. See how quickly you will begin to have faith in yourself and like yourself. Believe that you are worthy of being your own best friend</p>
<p>WK 2</p>	<p style="text-align: center;">Keep Your Promises</p> <p>Have you ever said you're going to do something in your mind, and knowing full well you won't. To build your self esteem and confidence start by keeping promises to your self. If you say you're going to get up in the morning at 7.00am, or if you're going to do your homework tonight or do some work, do it. Start by keeping promises to yourself, you will respect and like yourself more because of it.</p>
<p>WK 3</p>	<p style="text-align: center;">I Will Not Accept Less Than What I Think I am Worth</p> <p>Most people just accept what life throws at them and never try to improve their lives. Unlike those with the Black Belt Attitude, they stagnate and never move forward to reach a better goal in life. They daydream and never realise that their wildest daydream could become a reality if they only would wake up to the fact that they are worth far more than they are accepting. With a Black Belt Attitude, you must evaluate yourself constantly and, once you figure out just what you are worth, go for it.</p>
<p>WK 4</p>	<p style="text-align: center;">Respect Yourself</p> <p>Respect means being thoughtful, courteous and showing care and regard for yourself, other people and things. Self Respect allows us to act in positive ways and to stand up to harmful or hurtful actions or circumstances.</p>



<p>WK 5</p>	<p style="text-align: center;">Do Not Procrastinate</p> <p>People who feel good about themselves have a high level of Self Discipline – like a Black Belt. Self Discipline is like a muscle, the more you work it the bigger it gets, develop the do it now attitude, don't get in to the "I'll do it tomorrow" habit. Do your homework early, tidy up the garage that you said you'd do a while a go. See how it feels once it's done, you will feel good about yourself.</p>
<p>WK 6</p>	<p style="text-align: center;">Ask Yourself Quality Questions</p> <p>The way we communicate with ourselves determines the quality of our lives. To communicate well we must use positive words. Try using different words to describe the way you feel. For example - Problem to challenge, failure to learning, rejected to misunderstood, terrible to different, painful to uncomfortable, angry to frustrated, lost to confused. Using more positive words helps us to remain positive and not let negative thoughts affect our mindset.</p>
<p>WK 7</p>	<p style="text-align: center;">Do Things That Make You Feel Good</p> <p>When you feel good about yourself, you treat others better. When a person who feels good about themselves walks into a room you can tell they are in the room, they make others around them feel good. Investing time in yourself to lead a healthy and positive life makes us feel good.</p>
<p>WK 8</p>	<p style="text-align: center;">Be a Ten</p> <p>When we get out of bed, we often feel a ten, ten being really happy. Gradually things happen during the day to drag us down to well below 10, you spilled your breakfast, missed your bus, where given a hard time by someone. The difference is a Black Belt stays at a 10 they don't let things get them down. Being a 10 means you want others to feel good, but beware being a 10 means people at 5 & 6 want to pull you down to their levelling of feeling..</p>