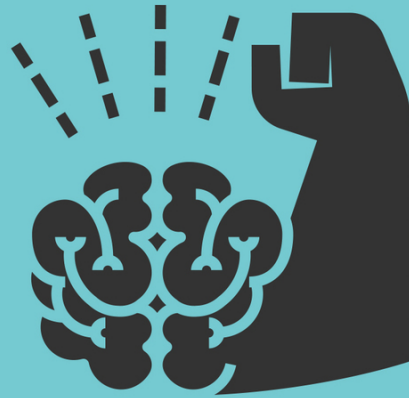


MENTAL TOUGHNESS

**BOOST YOUR SELF-CONFIDENCE AND SELF-ESTEEM TO BUILD A
CHAMPION'S MIND. STOP OVERTHINKING AND USE POSITIVE
ENERGY. OVERCOME ANXIETY**

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Part I

Self Confidence

Introduction - Part I- Self Confidence

In the world of personal development, self-confidence is a life skill that refers to a knowledge of oneself and the ability to trust oneself about choices and decisions. Self-esteem, on the other hand, is more psychological. It defines self-esteem and self-acceptance. These two life skills are necessary to move towards an accomplished life. Anyone who wants to live happily according to their values and skills will have to develop them. With the literal and philosophical translations having been formulated, let us look at what self-confidence can accomplish and what its opposite can bring about.

Self-confidence is fullness, true happiness. It is that magical moment when you know exactly what you are, what you are worth, what you can improve and what you can accomplish. Self-confidence is about getting this coveted promotion, by demonstrating your effectiveness and making yourself indispensable in your company, it is boldness, strength, charisma. Lack of self-confidence is the fear of asking for that raise, and sending a negative message to employers through defeatist (loser) attitudes.. .

Self-confidence allows you to live a beautiful love story, without jealousy, with respect and trust, it is the ability to put water in your wine, because a concession does not call into question your entire personality. Lack of trust generates impulsivity, anger, lack of communication, and jealousy. These are endless fights, because having the final say is an important personal victory.

Confidence means looking in the mirror in a benevolent way and understanding that small flaws are more of an asset than a hindrance. With a lack of confidence you find yourself hiding your body under loose clothing, believing you are deformed and scared as making eye contact with others makes you sick.

Finally, confidence is about caring, helping and sharing. Lack of confidence leads to exacerbated competition, criticism and rumors. This very vivid picture of self-confidence is not as polarized as it seems. You don't wake up one morning full of self-confidence when you didn't have any the day before. It's not a switch connected to a light bulb. However, regardless of your level, it is very likely that you already have some self-confidence .

This can be when you took your courage in both hands and spoke at your company's last meeting, or when you dared to try that original new haircut.

The causes of low self-confidence

The reasons for lack of self-confidence are diverse and varied; and depend heavily on individuals when studied in isolation.

Most people simply never build it and develop it.

It's not surprising that a person does not know how to play the piano if he or she has never taken any classes. It is the same logic here. Self-confidence is a skill that can be worked on over time. Some people have genetic and environmental predispositions to self-confidence and self-esteem, in the same way that they could come from a family of pianists (and know how to play the piano approximately well without ever having studied it officially).

However, even today, a very large part of the population still lacks self-confidence...

Sometimes we ignore it, but maybe our parents may have been suffering from the same problem as well. And their insecurities, doubts and suffering inevitably affected us. This does not mean that they are fully responsible for our shortcomings today, but that the family environment plays a predetermining role in a child's psychological development.

Growing up in fear, misunderstanding or underestimation can affect toddlers, who can be described as emotional sponges.

Without going into detail, when a child feels stuck in an emotional situation (an abusive father, a mother who denies her child's emotions, a phobic grandfather, etc.), the child finds a parry and protects himself behind a shell.

Simple reflections like:

"Don't run, you'll fall and hurt yourself!", "Stop crying, you're a baby", can send negative and lasting signals to those who receive them.

In our case, the signals sent are respectively "you will hurt yourself, you can't trust yourself when you run" and "crying is not normal when you feel sad, you have to stop" .

Later, disappointments, failures and bad decisions damage souls and drive some people to no longer believe in themselves and the potential they possess.

In any case, it is always possible to hop into the moving train and pick up the pace, and I congratulate you on the acquisition of this book, which I hope will allow you to emancipate yourself and change your perception of the world; this is its vocation.

There are many advantages to working on self-confidence. This allows you to accept yourself as you really are and learn to blossom into the best version of yourself. It also allows you to seize life's opportunities and make difficult choices.

It is a skill that develops every day in all areas of life.

How to regain your confidence?

There is no magic pill to building self-confidence. Otherwise I would have prescribed a medication to you to take twice a day! The trust building process is a spiritual journey deep within yourself, which will bring you many benefits. The first is to know who you really are.

Working on personal development is not only about applying scientific and rational methods to solve a problem. Rather, it is a multitude of reflections and small reflexes to adopt on a daily basis in order to deeply modify your personal beliefs. This involves understanding the causes of your deficiencies, and implementing sustainable improvement strategies. So you will need to be attentive, persistent, and patient.

Finally, you will have to start by daring new experiences, step out of your comfort zone and face your biggest fears. It is by acting that you will obtain the confidence you so dream of!

1. What is Self Confidence- Theories

We often carry these thoughts within ourselves without ever realizing how detrimental it can be to our self-esteem and self-confidence.

For many American adults, speaking in public is one of the greatest fears reported over other fears such as sickness, flying, and even death.

For you to beat the odds and have high self-confidence on stage, there are practical steps you need to take; but before we look at these steps, let us first understand more about self-confidence and stage fright.

What Is Self Confidence? What Impact Does It Have on Your Success in Life?

In simple terms, self-confidence is a feeling of trust in your abilities, judgment, or qualities.

To better understand self-confidence, you need to know that two critical elements contribute to it; these include self-efficacy and self-esteem. We achieve self-efficacy when we believe in our abilities and strengths as our effective tool to help us master particular skill sets and achieve our goals. Self-efficacy enables us to accept difficult challenges in life and be persistent in facing them.

Self-esteem is a person's overall sense of personal value and self-worth. People with high self-esteem feel accepted and liked and are also proud of how they are and what they do.

The combination of self-esteem and self-efficacy are the key ingredients to building self-confidence.

Self-confidence has a significant impact on success. Take, for instance, and low self-confidence will lead to holding back, inaction, shyness, and this will often lead to missed opportunities. Have you ever felt the urge to do something exceptional but stopped due to a lack of confidence? With strong self-confidence, you could have seized these opportunities for success.

5 Ways in Which Self-Confidence Leads to Success

It triggers the urge to start things. Confident people are not shy, and they start things. They execute an idea while others are still pondering it.

It provides the ability to fight for one's rights. Confident people have reduced chances of being unfairly treated or unheard of.

It gives the ability to say no and yes. Low self-esteem creates shyness and limits your ability to say no. on the other hand; high self-esteem makes it easy for you to say yes to new opportunities.

It allows you to believe in yourself without needing validation from other people. When you have self-confidence, you no longer need others to convince you of the things that you are good at.

It unlocks a winning mentality. Confident persons always believe in success and also believe in the ability to succeed.

Identifying the Cause of Your Low Self Confidence

The first step to begin building self-confidence is first to identify the cause of low self-esteem. The common causes of low self-esteem to most people include:

- Disapproving authority figures
- Preoccupied or negligent caregivers
- Bullying especially at a young age
- Academic challenges
- The media & society
- Beliefs in life
- Frequent neglect
- Frequent neglect
- Lack of affection, praise, and appreciation

Realize the childhood is what forms the bottom line of your life. The above common causes are mostly experienced during childhood.

The cause of your low self-confidence is different from person to person. As an individual, you need to take time for yourself and reflect on where it all started. Write down these causes; be detailed as possible so that it will be easy for you to start working on them.

The most important thing to note is that low self-esteem is not accurate reflections of reality. This means that it is a false belief that you might be

having, and these can be replaced with positive beliefs. In we are going to look at the easy way to beat low self-esteem.

What Is Stage Fear? How Does It Affect Your Self Confidence?

Stage fear or stage fright is the persistent phobia or anxiety that is aroused within an individual when they are required to perform before an audience. Most people experience shaky hands, legs, sweating, and dry mouth right before or during performing on stage.

Most of us have experienced this nervousness before a big performance and presentation. How well you can conquer stage fright will determine how good your performance will be.

One of the major causes of stage fright is the fear of being accepted by the people you will be addressing. This “what if?” thought comes in the mind of most people, and this further heightens the stage fright. Other thoughts that might come to mind include: what if I mess up? What if I fall down? What if they laugh at me? What if I forget my line? What if my mind becomes blank?

There are steps that you must follow to beat stage fright successfully. We are going to learn about that in the next chapter.

2. What is Self-Confidence?

Confidence in oneself is a deep and rational faith in oneself, abilities and capabilities. This includes being mindful of one's weaknesses and being conscious of one's own skills. It is a positive attitude that leans to the idea that one is armed with the necessary resources to respond positively to all of life's challenges.

The degree of confidence is the product of your view of yourself. This has an impact on how you are viewed by men. Whether people interrelate with each other and react to you is a representation of how you think. Therefore, if you don't have high self-esteem, people will usually find it difficult to trust your skills.

The degree of trust is the product of your view of yourself. This has an impact on how you are viewed by men. Whether people interrelate with each other and react to you is a representation of how you think. Furthermore, if you don't have high self-esteem, people will usually find it difficult to accept your talents.

Low self-esteem is a commodity that relies too much on your negative characteristics and what you do wrong. In other words, you are the worst adversary of your own !

Individuals that exude self-confidence do not necessarily rely on others ' approval. They listen and value others ' opinions; however, at the end of the day, they judge for themselves.

Like most individuals, people who are optimistic have realistic goals, follow concrete objectives, and pursue their dreams. We are also facing challenges. What do people who are self-confident do if things are not going their way? To evaluate the situation, confident people take a step back to seek the best options available.

When things didn't go as planned, through these attempts, they come to a point when they know that they can't always get what they want.

We step on from this point and take the experiences learned from previous practice with them. We are excited to come to grips with fresh goals and dreams. The strong belief in their ability remains unchanged, realizing they are now older, more knowledgeable, and better equipped with experience.

Let's get straight to the point: with self-confidence we're not raised. Simply put, there's nothing inherent about self-confidence. Self-confidence takes time to develop and demands that the same be nurtured. However, honesty is no one's private possession. Trust and mindset is open to everyone. Determining the criteria are up to you.

People's obsession with self-confidence makes it look like a magic potion. That characteristic tends to be the be-all - and-end-all that will allow all issues to vanish. Trust alone will not take you to the dream life for which you strive. You need to take action in the first place. To order to succeed, you need perseverance, persistence, logical reasoning, trustworthy advisors, and a whole host of others. Trust is the first crucial step.

When we see a self-confident person, we always feel he is comfortable in ALL of his abilities. Confidence doesn't protect anything. Let's take an example. Robert Kiyosaki, Poor Dad's writer, exudes confidence in his company and entrepreneurial skills. Yet he's honest enough to admit he's been failing at college in academic subjects.

A friend of mine trusts in her ability as a writer. Yet tell her to add up figures and she transfers herself automatically to the farthest known world, where percentages, quantities, amounts, disparities, products and quotients cannot enter her! Confidence doesn't embrace everything. It's not daunting.

Three Pillars of Self-confidence

The quest for true self-confidence takes us all in different directions. We all want the magic pill that will immediately give us somebody with true self-confidence's attributes and personality. Trust is not something that can be achieved easily from reading books with various self-help. Through taking action every day, it can't be gained and then finding it didn't work. Sitting about seeing yourself with it will definitely never gain it. True self-confidence will become the substance only by constant learning, practice, and belief.

Education is the first pillar of self-confidence. My first instinct to gain self-confidence was reading books about it and listening to CDs. Through telling professionals in their professions where they obtained it, I received the best self-confidence training. I find the basis instantly to teach myself through books, CDs and other personal experiences. The most significant step in the process of training was to extend my knowledge only to one area

of my life. For instance, in my career, which was sales and marketing, I needed self-confidence. I've read books about opportunities and contract termination. I have told the most effective sales and marketing leaders how they were coping with certain circumstances. Be precise as you begin the process of reading. In every aspect of our lives, self-confidence is something we want. Surprisingly, when you start to teach yourself in a particular context, you will see that it can be extended to all areas of your life.

Self-confidence's second ingredient is knowledge by practice. Take action is a more straightforward way of saying it. We were all accused of teaching ourselves and discovering how unexpectedly we made a great discovery. The problem most of us have is that once we get the data we don't take action on it. I'm going to be the first to confess. Do the behavior that brings you confidence. If you're in marketing and you're having a problem with your outlook, inquire for the deal. If on a date you want to ask for one, just ask for the day. Note, what's relevant isn't the outcome. It doesn't matter if the person says yes or no in the short term. If you get a response, you can automatically get a lift from your self-confidence. If you receive a no, the next time you ask, you will gain valuable experience that will help you. Failure is the experience's most important element. Write this expression again. Those with the greatest self-confidence in their lives are still more likely to fail than succeed. Consider disappointment as a stepping stone for unwavering confidence in oneself. When true self-confidence is achieved, the explanation being; once one is confident with loss, the brain may continue to pursue the potential in all matters.

It is trust that is the third pillar. Belief is the force that cannot be measured in terms of education and experience. Faith is an ingredient that, if accepted, will take you to unimagined higher levels. I don't speak of blind faith. I'm thinking about confidence that is trained, ready and optimistic. If you take action against your doubts, true faith will be attained. You will realize when you have true faith because the knowledge, encounters and circumstances you once feared will thirst you. You'll be master of feelings that don't dread disappointment anymore. Your faith will drive you through the thoughts of fear. They will no longer be seen as barriers, but as simple challenges that will only improve you in the long run .

Note that all three self-confidence principles must be regularly exercised and implemented. Belief brings in change. Faith is a need for consistent action. Learning without practice is worse than not first reading. You won't learn if you don't take action. Focus on all three foundations in your daily life now concurrently to take the first step towards true self-confidence.

How Our Early Years Shaped Us

Social Sciences have invented a special term that is often connected with how our parents educated us. They're considering it training.

Psychologists concluded, "Parents' behaviors are crucial to how children feel about themselves, particularly throughout their adolescence." Parents play an important role in early years growth of self-confidence as this forms the basis for raising well-rounded teenagers and mature adults.

Consider living in a household of perfectionist relatives, living with unrealistic expectations, as a child. They're so harsh on themselves that they're asking you to hold expectations that can't be high. It seems that you are already set to fail at this early stage of our life. Consider the negative effect on your faith that it would have. If you use unrealistic standards established by parents or members of society, you will certainly still experience fear that will prevent you from reaching your full potential.

See yourself in another situation where your parents in their own careers are well-known. They're nurses, for example; they're asking you to follow their footsteps. The idea of pursuing a different profession, like that of a painter or chef, is brought up, and an argument follows. They discourage you from exploring your talents, assert your independence, and dissuade you from finding faults by saying, "You're not creative enough, you're better off as a doctor!" Parents often over-protect their children. Families want to protect their children from harsh realities as much as possible. We love them as their kids are life based on them. Children raised in this manner do not make mistakes; and therefore, rarely learn from mistakes.

You can also affect your life with your choice of friends and role models. Recall how much you loved the idea of belonging to the popular group in your teenage years! You looked up at the campus' most popular people. Do you wish you could be them! You may have even tried to copy their styling attitude and style, or entered their circle of friends. You begin to realize

when you grow up that "making yourself" is more rewarding than just being a replica of these people.

Which part will parents and friends play in fostering confidence then? Parents and friends have to be children's models. Parents and friends must give good examples of feeling good for themselves, being independent thinkers, overcoming obstacles and, most notably, being self-confident. They are live proofs that you can be yourself effective.

What if I have little Confidence in myself?

Often used interchangeably with self-esteem, the idea that you can be or do certain things is self-confidence. On the other side, a lack of self-confidence relies on the idea that you can't be or do something. The defining terms low or high as in poor or high self-confidence are key to the use of this definition. It is the use of such words that can act as an advantage or disadvantage as a human trait of self-confidence.

The road to greater success is for some self-confidence, while for others it can be a life sentence of disappointment. Whether you're effective or not can rely on your self-confidence level to some degree. There is no understanding of self-confidence in solitude. It's a series of unmistakable internal and external indications that indicates certain individuals who have it or who don't. You need to realize that self-confidence is possible if you're one of the many who don't. While this book focuses on weak and low self-confidence, note, with you starts self-confidence.

What are the indicators of lack of self-confidence in a person?

1. When you think you always have to justify after making a mistake.
2. You feel the need to answer / defend any critique that is aimed at you.
3. For your lack of self-confidence you over-compensate
4. Your language of your body
5. It is a learned trait to continually aspire to become a perfectionist self-confidence.

No one is born comfortable in himself. It is the culmination of many years of learning how to respond to others around you as an individual. You are

bombarded with positive messages about yourself from infancy onwards. It's how you view the signals that decide your confidence level.

One of the most hated interpersonal activities of all is a good example of this: public speaking. It would appear like this if you were to observe a person's production of self-confidence. Let us observe the growth of self-confidence in a school setting with the context of education. Something like that would go in many situations.

Many kids were eager to please from pre-school to about the 4th grade. Not because of some misplaced confidence in their own base of knowledge, but because of a need to please. If the instructor asks a question about the school, the amount of hands raised will be quite a few at this point of the educational process. Whether the response is right or not, it is not necessary to obtain the acknowledgment.

Attitude begins to change when the baby continues to become conscious of an identity. Generally those with high self-confidence are the ones who lift their hand if asked to answer a query by a show of hands. It persists for much of the rest of their lives as a pattern of behavior.

The reason this book argues for self-confidence as an acquired characteristic is that, regardless of their age, even the most awkward young adults can "discover" their abilities in the right situation. Consider the true story of the football player Michael Ohr made famous by Baltimore Raven in The Blind Side's book and movie.

Ohr was seen by most as having absolutely zero faith in himself outwardly. He witnessed incidents, however, while in high school, that literally changed his life. It was also learned in the end how much trust he had in himself.

If you or someone you meet has a lack of self-confidence, note that it may seem hard to gain self-confidence, but it's just a matter of choosing to learn how to do that. Here are a few ideas to begin with: remind yourself every day that you can do anything you want. You will begin to believe it soon and show you're newly found self-confidence to everyone.

Do those tasks you think you do well and start asking yourself, "Why am I good at this? And then try to replicate how you do that in other areas of your life. At the end of this essay, look at the five indicators of poor self-confidence and then perform in the exact opposite of each one with focused

attention. Eventually, poor self-confidence is a condition that can easily respond to self-help program.

Self-Acceptance

Self-acceptance is closely linked to "self-image." That's the picture you've built up about how good, successful, talented, or how unhappy and ugly you are. It is an image that has been built up throughout your lifetime, an image that is predominantly based on your successes and failures. Therefore, the first step in improving your self-acceptance is to improve your self-image, and to do so you need to change the way you think about yourself.

Apart from enhancing your self-image, learning to accept yourself as you are now, with all your flaws, is the most important thing to do. You can change some of your faults, deficiencies, and so on, and you should try to change them, but you have to accept them for now. Some people feel that they are too thin, too overweight, too tall, not intelligent enough, or that they have too big ears, or that they don't have enough hair. If you have such flaws, it's crucial not to blame yourself— in many situations they're stuff you've been born with and can't do anything about. You don't have to be great, and no one is flawless. Explain to yourself: "I'm not fine, but so what. No one is, and I'm going to make the most of what I have." Be your own. And the main reason is that your wellbeing and prosperity rely on your self-acceptance to a large extent. Yes, without it, it's difficult to be really content or productive. So stop trying to be perfect; look at yourself as you are. This doesn't mean that you shouldn't try to improve yourself in any way you can — you should.

Often, your friends and associates have a great impact on your self-acceptance and self-esteem. Increasing your self-acceptance and self-esteem if you think they have a high opinion of you. On the other side, when you feel people have a low opinion of you, your perception of yourself usually falls apart. Therefore, it is important to ensure that this does not occur. Yeah, doesn't care about what others think; you're always right in most situations. However, it is important to remember that, unless you let them, no one can make you feel bad for yourself. People often make remarks that are harmful to others without realizing it (and they do it on purpose, of course, sometimes). Don't be serious about taking them. No one has anything to do with how you think for yourself— if you permit it. Train to ignore them.

Sit down and mention your achievement is one of the easiest ways to boost your self-acceptance and confidence. You might not think you've got a ton, but you might be shocked. Consider about the milestones you've reached, the honors you've got, the years you've spent in school or university. Think of your successes at school, your interests, etc. Write them when you're finished. When you talk of them, take pride in them.

3. Action and Strategies That Help To Develop Self Confidence

Do you tend to procrastinate and scatter? Are you having trouble organizing or making commitments? Self-discipline can help you focus your mind and energy on your goals on an ongoing basis.

Self-discipline can be defined as the outward manifestation of your inner strength. Thanks to it, you make deliberate choices. You are no longer led by your bad habits, your emotions, the circumstances, or the influence of others. It is an essential skill for self-improvement, but also one of the most difficult to master and implement. To develop, it requires two things: cultivating qualities such as enthusiasm, tenacity, courage, and optimism, and taking concrete steps to take action.

A self-disciplined person evolves in a stimulating environment, acts consistently over time, is willing to take risks, increases self-esteem, influences the lives of those around them, and continues to move forward to achieve their goals.

1. Identify your brakes and your motivations

It's all about doing some introspection to find out what's stopping you from being more disciplined. It is essential to identify blocking factors to know how to transform them.

Why do you need more discipline? What are your motivations? Your sources of inspiration? Developing self-discipline requires having a strong desire to achieve a specific goal. Otherwise, you will have trouble staying focused for long periods. Ask yourself, "What do I want?" Why do I want it? "Why do I have to do this?"

2. Define what you want

Self-discipline can only last if it is oriented towards something specific. This result can be a goal you want to achieve, a habit you want to develop, or a behavior you want to change. You must, therefore, clearly define what you want to achieve. This thing must be relevant to you. It's your fuel, which makes you wake up in the morning. This objective must be powerful enough to make you go through the most challenging times.

In general, most people define their goals around the four areas that have the most influence on their life: health, family, money, and their person .

The health is related to your well-being, your body, and your ability to live your life. The family is about your closest entourage, the people around you who are the foundation on which you have an impact on the world. The money is the tool that allows you to reorder the world according to your expectations. And the person refers to the notions of growth and learning and the way you perceive the world.

Once the goal is identified, determine the habits and behaviors that will help you achieve the desired result. In other words, what kind of person do you need to be to make your goal? What you are doing needs to reflect your core values. This is the only way to ensure your long-term goal is met.

3. SMART goals set

Your goal should be:

- **Specific:** Make sure the goal is accurate. Do not just say "exercise then work." Say "Do 30 minutes of stretching then finish my lesson for the English class." Do not make a goal complex. The simpler it is, the more likely you are to realize it.
- **Measurable:** Make sure you can measure progress in quality or quantity. For example, avoid a goal like "write the first part of a news article." Instead, prefer something like "write 500 words of a news article."
- **Achievable:** Be able to reach your goal. Do not plan to work 16 hours a day for a month, or you will not succeed. In any case, it has to be done in a healthy and productive way. Ambition is essential in achieving an objective, but it must be accessible.
- **Realistic:** Avoid getting into things that are very unlikely to happen. Choose a relevant and practical goal that is ambitious enough to be challenging, but does not exceed your skills. Otherwise, it will become a source of anxiety, and you will give up.
- **Temporarily defined:** Delimit the objective in time with a beginning and an end; otherwise, you will never finish. If you have not achieved your goal by the scheduled end date, nothing prevents you from setting a new one. But it's important to set boundaries.

4. Find suitable models

The road is long, and it's easy to feel lonely on this journey, but rest assured that you are not the first person to do it. Many others have been there before you. After thinking about the objectives, identify models (friends, family, and colleagues) who can inspire you or help you reach them. If these people are doing this work successfully, from whom can you learn to move more effectively?

Take the time to ask these people how they gained their self-discipline. Ask them what specific actions they have put in place to achieve the desired result. Then take advantage of their experience; it is a precious help to accompany you in your work.

Be inspired by models, read about them - biographies are a valuable source of information - watch their interviews, listen to their stories. If they did it, then it means it is possible. So, you too can reach the destination.

5. Develop an action plan

Set up a practical action plan to help you reach your goal. Break down your goal into successive steps that are easier to manage. This technique helps you control the tasks you are working on without getting overwhelmed or giving in to procrastination.

As defined in the SMART goals, having a specific time frame helps you discipline yourself, as it focuses your mind on a particular end date for achieving your goal. With this ultimatum in mind, all your resources and energy are channeled appropriately to maintain the momentum needed to carry out your actions. Also, a deadline gives a sense of urgency, which will help you stay focused and disciplined on the tasks.

4. Develop Your Beliefs and Your Thoughts

Habit is another factor that determines how one chooses and copes with self-discipline. Habits is the set of actions which a man or a lady does without much relying on thought on how it is done and in what way it affects his or her life.

These are actions have become part and parcel of the life of the person that it seems his or her life is regulated and programmed to be in a certain way without much thinking and disturbance of how it should really be. Life is as such and people get to select what best they understand to be their daily process or how they would love their lives to be.

This process remains regulated as such and there is constant repetition of this process in every day of the person's interaction with life that it continues and does not stop until the person probably makes up his mind to put a stop to the habits probably.

Therefore, what this means is that the person's life is already set to people in a kind of way without the person getting to fully know his or her life is regulated that way.

The activities which are in the lines of the process of events of a person's daily life is put ordered in a particular manner the person does not get to recognize at first until he gets to learn of what habits are and how they define his or her life. This habit, just like behavior, has the good and the bad part, each one of these being determined by how well they affect one's growth and success with his or her system. That there has often been a talk of what could be the good and the bad habits does not mean it is generally the same for all people. Habits are grouped into good or bad based on the attitude of the individual already and the kind of system he runs with his time.

Habits are not grouped based on a presumption or just for the people to wake up at a time and decide to brand good or bad habits on any person. It is largely determined by the person, his daily interactions with the system and what defines who he or she is in terms of actions.

Getting to write about the origin of habits and how it has come to affect the idea of a person's self-discipline, one would be going through the same path as it was done in the area of behavior. All these factors to be treated as

issues affecting self-discipline are like the concept of self-discipline, they are not visual or physical enough to be seen why it is talked about. These concepts are not physical, they are abstract, and this may be the reason why they work together with the other affecting the second.

Behavior and habits are like the constant and repeatedly seen actions from the owners of a system and how they affect the growth of that person's system. The knowledge of habits is very crucial as it would go a long way in an individual's choice of what he or she should pick up or not, and what habits would enhance his or her trial to become self-disciplined for the person's own good and growth.

When men were into hunting and gathering, and up until the time of farming with stone instruments and the rest, the humans had little to do with the nonphysical part of habits, meanwhile they already had habits at that point in time as they repeated single line of actions daily and did not see anything that was wrong with it.

However, it did not occur to them that this might be a line of habits and how they could better harness their potentials by leaving out some and getting to uphold others better.

Habits as a form of life process or what could better be managed to become a leading light in the lives of the individuals did not come up to their mind; the early humans simply relied on their physical strength as they always did and lived their lives throughout trying to provide food for themselves and their families. There was no attempt to look at what they were doing, and in what way they could have done it better for it to yield better results.

So, a man would wake up in the day and offer his prayer to a some divine being as to when divinity was discovered before he would move his mind to other areas of life and the activities and achievements he had to make on that day. This is usually more linked to the area of feeding than any other needs of life at that moment. Food was like the fuel and the engine as well if human life at that time was equated to a mobile vehicle.

Most human species at that point in time were more interested in satisfying the seething hunger in their bellies than in any other way. Hunger was a comma or semi-colon that could hardly be erased in the lives of the people in that early times and their lives depended so much on it that they wrapped their thoughts around it and willed it that they survived another day.

Surviving another day was a top priority that they gave in their all to it, so they did not have such time or the mental strength to rely on some thought as to whether they could think up better methods in the abstract form; of course, they thought out some easier process in the physical and more visualized form as this was the primary side to success in their daily endeavors, but there was no moving of their mind to the side that is not visual at all. They could not place their mind around the idea that sometimes these non-visual or physical aspects of the human system had a greater role to play in one's daily success than the physical part. Since at most points in time it is the abstract aspect of human system that coordinates one's process of life and aspects of daily activities.

At the point of the growth of human civilization, the ideas of humans focused so much on the physical aspect of life began to change and move away from the total focus on physical aspect of life alone. Remember it was also at this point that humans began to put much of their thought into other abstract things in the human system as such as behavior into consideration. So, it was with habits and the process of growth of the human system at that point in time. The reliance the people had much on the physical aspect gave way to incorporate other abstract things. The incorporating of abstract things did not mean that all of them were incorporated at the same time as some were incorporated earlier than others.

Behavior, for instance, was recognized to be a determinant of great relationship and the growth of an individual at an early stage before habits came to be recognized at all. Some people may still have issues differentiating between behavior and habits, but the simple term distancing them is that behavior has to do with majorly attitude and habits is the day to day repetition of that person's activities and plans or probably just actions that the person does not get to note has no form of change or whatever.

5. Setting Goals and To Do Action

Now that you have a clear idea of what your hidden potentials are, I need you to step back and allow yourself to feel good about them. This shows you in no uncertain terms that you're not worthless, not by a long shot. You have the potential to be somebody great. You have the raw ingredients. It's there; it's just beneath the surface. In many cases, you just don't want to become aware of it, but it's there.

I need you to recognize the list of your hidden and obvious potential. Now, look at that list and allow yourself to feel good. Allow yourself to come to the conclusion that you're not completely worthless, that there's nothing wrong with you and that there's nothing missing with you. You have the raw ingredients for success.

Of course, to turn potential into reality takes work. It takes attention to detail, and it takes perseverance and consistency. Still, it's a tremendous victory for you to even recognize that you have all these things going for you. There's no need for false modesty. There's no need to sabotage a positive feeling by saying: "Well, everybody has potential". Or "I'm just a face in the crowd because everybody has potential that they're not developing."

Forget that. Just focus on the fact that you have this potential and you have the choice to develop them so you can live up to your fullest capability. You have it in you. This proves point blank that you have the ingredients for greatness, you just need to connect the dots; you just need to mix the ingredients.

In other words, you just need to act on what you already have. It's not like you're going to have to proactively get something that you currently don't possess. It's already there. I need you to wrap your mind around this, and I need you to feel good about it. It's something to be celebrated; it's something to feel happy about. This is part of who you are and what you have to offer the universe. The next step is to look at these raw ingredients and build on them.

Take Your Passions and Build on Them

Develop yourself by developing your passions. If you're passionate about certain activities, then pursue them by all means. The more you do

something that gives you fulfillment and happiness, the more you invest in your personal purpose. The more you do it, the more you invest in your self-esteem.

How does this work? Well, it's very simple; the more you develop your passions, the more competent you are with them. They're no longer just potential; this is no longer just a theoretical set of traits that would be nice to develop. When you work on them, and you sharpen them and build them, they affect your reality because you can see their impact.

For example, if you like to sing in the shower, you might want to pursue your passion for singing. You can start out of the shower, take some singing lessons and then venture out to open mike night at a local club, bar or hall. Now, everybody's lined up to sing so you don't need to feel out of place.

However, when you get up there, and you face that crowd and you just bare your soul that is a tremendous victory. Because you're not doing it for them; you're doing it for yourself. You are doing it to follow the process. You've come from somebody who is hiding this immense personal light under a bowl by singing in the shower, to somebody who actually found the nerve to sing in front of the public. That's a victory. It doesn't really matter what happens next, what matters is that you were able to make that journey. That is a massive transition.

You celebrate yourself when you develop your passions. This is extremely important because the more you celebrate yourself, the more it sinks in. However, there's nothing wrong with you. You are worth respecting, you are worth loving, and you are worth something. The more you accept yourself, the more your self-esteem grows. The secret here is to be mindful of the process. This is crucial; you're not just enjoying the journey.

Now, don't get me wrong, there's a lot of value in that. But this is purposeful; you must also pay attention to the character you're building. You know you're doing this for a reason; you're doing this because you have low self-esteem, and you want to build it up and transform it so it can project into greater and greater levels of self-confidence. This is very hard to do unless you keep a laser focus on your transition from somebody who's shy and suffering from feelings of inadequacy and low self-worth, to somebody who feels that they can actively change their waking reality. In

other words, somebody who is operating from a place of tremendous self-confidence.

Self-Esteem is based on Accomplishment

Now, a lot of people might think that this is bad news. After all, we live in a modern society where self-confidence is supposed to be a door prize. If you've gone to a public school in the United States, you know exactly what I'm talking about. Most school curriculum emphasizes self-confidence instead of making sure kids go through the traditional curriculum to achieve academic excellence. The old standard actually had it right. Self-confidence comes later; there is a precursor to self-confidence.

It's like building a massive tower. You can't build the tower on sand; it's going to sink. It's going to tip over and kill people inside the tower. I mean, this is common sense. By the same token, you can't just build self-confidence without a foundation. What are you going to build your self-confidence on? And that's why you need to first focus on your passions, your interests, discover more about it and then make the transition from feeling good about your potential, challenging your potential, celebrating your potential and celebrating yourself to self-confidence .

In other words, you need to do something with your passions first. This is where objectivity comes in. Like I said earlier, the world doesn't care about your feelings, all it cares about is what you actually do or what you actually achieve. By entertaining your passions, polishing them, and engaging in them, you start accomplishing things. You start getting good at your interests.

Again, taking the example of singing, it's one thing to sing in the shower and have the voice of a small puppy being tortured to death. It's great you're getting in touch with your inner passions. It's great that you've identified your need to bare your soul through singing. However, you can't leave it there. You have to actually polish your passion. You have to get good at it. If your voice sounds like a small puppy being tortured to death, then you need to keep working on your passion until you sound good.

You see how this works? This is where accomplishment comes in; this is where the real world steps in. It's easy to feel good about subjective things like, oh, you just have to get in touch with your passion, and you just have

to bare your soul by entertaining your passion. That's all well and good behind closed doors, but ultimately, you have to have an external validation.

In other words, you have to get good enough at it so you can objectively say I've accomplished something. I've taken something that I was interested in and passionate about and I have worked on it to such a degree that other people would agree that I am good at it. In other words, I have achieved. This is crucial because otherwise, all this progress would simply be subjective. It would just simply be self-serving and private. That's not going to move the needle as far as your self-esteem goes.

Real self-esteem is built on accomplishment. When you become good at something, you allow yourself to feel good at it and say to yourself: "I'm actually good at something. I'm actually accomplished at something." By doing so, you carve out your own personal space; this is one space that nobody can take away from you because you worked at it. You see how this works?

Self-esteem is based on accomplishment. It is not some a priori value that somebody just drops on you because you showed up. It's not a door prize; it's built on something solid. In other words, you worked at it and that's what makes it real. You have to keep working on your passions; you have to get good at them. I know this is going to be a little bit touchy. I know this is going to be painful for many people reading this, but I need to say it. You have to allow yourself, after a certain point, to be critiqued. You have to subject yourself to an objective standard. Prior to this point, everything is subjective everything is all about your feelings. How it feels great, how you feel validated, how you feel honored; that's all well and good.

However, the moment you take your passion and subject it to external review, that's when you know when you have truly accomplished it or not. If not, that's okay. This is where the trait of resilience comes in. You hit a bump on the road and suffer a setback; that's okay. You need to go back, keep working, and try again until you succeed. Be open to adjustment and fine-tuning. Don't fear judgment; don't fear critique. Get good; aim to be the best in what you're passionate about. Use your passion as fuel to do whatever it takes or however long it takes until you get good .

Let's face it, when you're working on something, there are many days where you don't want to try. There are many days where you just want to give up.

This is where honest passion comes in. Because if you're truly passionate, you would draw from that internal energy and get the power you need to keep pushing.

Build on the Objective Foundation of Excellence

When you become excellent at something, you feel more confident. You have solid and objective foundation for this self-assessment that you are good at something. It's not just wishful thinking; you're not just hypnotizing yourself or engaging in self-delusion. This is real because it can be traced to real accomplishments. Compare this with showing up at a school and everybody getting an A, or participating in a sport and nobody loses because everybody gets a medal. The sense of accomplishment in that context is destroyed. There's nothing to work for because whether you try hard and sacrifice, or slack off, the end result is the same.

That's not the way the real world works. The real world gives you the right to feel good about yourself because you have something objectively to feel good about. In other words, it's based on a solid foundation of accomplishment.

You're Only As Good As Your Last Victory

Now, if you think that the previous section is a little bit trying, I've got some bad news for you, it gets a little bit worse. The truth is, you're only as good as your last victory.

When was the last time you hung out with people that keep reminiscing about the good old days? They would tell you: "Oh yeah, five years ago I was making a million bucks a month," or "Ten years ago, I was traveling all over the world".

While those kinds of statements may be great in terms of rehashing shared memories, sooner or later, they get old and stale. In fact, they can get downright annoying. You see, the world not only focuses on the results that you produce, it also focuses on the here and now. In other words, can you produce good results now? While the gravity and enormous value of what you did in the past does hold some sway, the more distant the accomplishment, the less the world cares. It has a short-term memory, like it or not .

This is why you need to understand that when it comes to producing accomplishment, you're only as good as your last victory. Don't rest on your laurels. Allow yourself to be constantly engaged, constantly refine your skill sets, challenge yourself continuously. This leads to continuous improvement; you're always looking for the next bigger and better thing to do as far as your passions go. This gives you a tremendous competitive advantage compared to people who are trying to do what you're doing. They can't hold the candle to you if you are really passionate about this because you are constantly improving yourself. The difference is like black and white because you are invested in constant improvement.

Ride the Spiral Staircase to Greater Self-Esteem

Believe it or not, constant improvement on your passion leads to greater and greater self-esteem. It starts with your passions. You then improve on them so you produce better and better results. You then get some objective validation. People would tell you: "Wow! You're singing better now than before," or "You're making more money now than before," or "You're living in a bigger house now than before," or "You're more respected now than before".

Whatever the case may be, and whatever your passion may be, there's an increase in objective validation. This then boosts your self-esteem because you tell yourself in no uncertain terms, "I'm doing something right. I took my passions, improved on it, and I can objectively test that I've reached a higher level.

When you feel greater self-esteem, your level of passion increases; your passion "gas tank" is refilled, and you have more energy to go to the next level of improved action, objective validation, and on and on it goes. It's an upward spiral of greater and greater self-esteem. With each increase, there's also a greater projection, meaning there's an outward manifestation; your self-confidence is more apparent.

People who are good at what they're doing become more and more confident. It gets harder and harder for them to hide and explain away. The more confident they become, the more successful they become because the world sits up and pays attention. See how the upward spiral works?

6. Fight Your Fears

Social anxiety is the physical and psychological discomfort that we experience when we are in a group of people or in front of a responsible person, or when someone asks us uncomfortable questions, as well as encountering someone's aggressive behavior, etc.

Social anxiety sometimes prevents us from defending our interests and fully communicating with others. And when we have no opportunity for self-assertion, we begin to feel incompetent and incapable. And the more we feel our incompetence, the more social anxiety increases, depriving us of the opportunity for self-assertion. Thus, a vicious circle arises. In this circle, there are three elements that are closely related. The first is social anxiety, the second is the lack of self-affirmation and communication, the third is a feeling of incompetence.

To learn self-affirmation and to communicate better with anyone, it is necessary to overcome these three circumstances. In this chapter, we will see how to reduce social anxiety.

Relaxation

The objective reality is that we cannot both be alarmed and relaxed at the same time, but we can very easily learn how to deal with anxiety — learn how to relax. Numerous experimental studies show that relaxation can be useful for controlling stress and reducing vulnerability in stressful situations.

The ability to relax implies that we are able to recognize that we are tense. Therefore, it is important to identify tangible voltage signals, to pay attention to what we feel. You can, for example, determine whether you are tense or relaxed at the moment. Are your hands tense? And the back? Do you have lower back pain? In the stomach? Does the headache? All this may be a sign that you are tense. Is your neck relaxed? And shoulders raised? Are the jaws clenched? If you are tense, you are overloading your body. Therefore, it is very important to pay attention to the stress that your body is experiencing and to relax as soon as you feel it.

Your body has sixteen muscle groups. Learn to relax them one by one. Within a few seconds, increase the voltage on one of these groups, and then

relax as much as possible. The contrast of tension and relaxation will make you feel the difference between these two states. In addition, the tension of a certain muscle group helps you to be more attentive to what is happening in this part of your body in different situations.

At the beginning of your workouts, each relaxation exercise can last thirty minutes. Subsequently, you can reduce the time of each session to fifteen minutes. It is better to practice twice a day, at least first. This small effort for regular workouts will allow you to achieve deep relaxation at the right time. The course of training can be held in ten sessions, but you may like the effect so much that you want to do differential relaxation all the time: on the subway, on the bus, at work, on the car, etc.

To engage in relaxation, you must choose a quiet place so that no one there can disturb you. Sit in a comfortable chair, with comfortable support for your head, arms, and legs, or even better, lie on the floor with a mat. It is also a good idea to use a small pillow under the head. In addition, it will be easier for you if you turn off the light and close your eyes.

In everyday life, when you feel stress throughout the day, in the evening before bedtime you may not be able to conduct a full set of exercises for relaxation. However, you can spend partial relaxation, that is, to relax only those muscles that you do not use regularly. This is called differential relaxation.

Very often, women who sit at a computer all day complain of back pain. If this is your case, note that you can relax the muscles of your face, neck, shoulders, abdomen, thighs, legs, thereby reducing tension in your back and arms. This is just one example of the use of differential relaxation. With this method, you can get rid of the nervousness and anxiety in everyday life. And if you learn to stay calm, you can easily cope with difficult situations.

What Social Situations Cause You Concern?

Social anxiety is the discomfort and fears that have already been studied and that have yet to be studied further. Very often in childhood, we got used to being afraid of something. There is little benefit from studying specific situations (which led us to a sense of social anxiety) in order to understand what exactly frightens us at the moment. It is much more useful to first understand what exactly makes us uncomfortable at the moment when

communicating with other people. Maybe the fact that these people occupy a high position, maybe they are older or younger than us, is watching us, condemning us, aggressive towards you, they are of the opposite sex, and so on. By asking these questions, you can find different aspects of the social environment that are worrying you.

First, we need to perceive all aspects of the current social situation, because of which we are worried about. Ideas about them develop in the form of thoughts and images. So we can reduce our fears by changing these thoughts and images. Now we will see how this can be done.

Building a Hierarchy of Our Social Fears

We will build a hierarchy of our fears, defining those social situations that cause us mild anxiety, then those that cause average anxiety, then those that cause very strong anxiety. Here is an example of a hierarchy built on observing your fears.

1. I walk down the street and greet the neighbor.
2. I walk down the street; the postman caught up with me and greeted me.
3. I walk down the street, and a group of five people greets me.
4. I am waiting for the bus, and people are looking at me at the bus stop.
5. I am going to buy a liter of milk at the grocery store. At the exit, I pass by a group of people who are looking at me.
6. Entering the supermarket, I stumble, and two people look at me.
7. Entering a crowded supermarket, I stumble, and twenty people look at me
8. I am going in the wrong direction in the supermarket aisle, and twenty people look at me with disapproval.
9. I am late for class or lecture. Entering, I interfere with the listeners, and everyone looks at me.
10. There are no empty seats at the end of the lecture hall, and I sit in the middle.

11. There are no empty seats at the end of the hall, and I sit down in one of the first rows.

12. The teacher (or lecturer) makes me a comment for being late, and many people look at me and laugh.

Here is another example of building a hierarchy of fears expressed by ideas, needs, and feelings.

1. I do not buy clothes that I have already measured in the store.

2. I started a conversation with a neighbor.

3. I started a conversation with a group of five people.

4. In a large department store, I insist that the seller helped me find the necessary goods.

5. I am very busy and therefore quickly ended the conversation with a colleague.

6. I ask questions to the seller of electrical appliances, but I do not buy anything.

7. I compliment my spouse or friend.

8. I have a car, but I refuse to take a friend home.

9. I clearly expressed my disagreement with my spouse or with someone I love.

10. I clearly asked someone I love to do me a favor.

11. I expressed my anger at family members (parents or spouse) and am not trying to apologize.

12. I expressed my sexual fantasies to someone I love.

As you can see in these examples of hierarchies, the first scenes cause a little alarm, the last scenes cause severe anxiety, and the middle scenes cause a middle alarm. After these explanations and these examples, you can probably build your own hierarchy of fears.

Exercise

Make a list. On it, there are twelve positions for describing social situations that cause you concern. Describe each scene, giving all the details about the people who took part in it, about the place, about the relationship, about the behavior of people and so on. Fixing the details will help you find the least exciting scenes by changing these details (for example, speaking to the public from one hundred and fifty spectators, fifty spectators, twenty spectators, ten spectators, and so on).

Under number one, describe the social situation that is causing you some slight anxiety, and at number twelve - describe the social situation that causes a very strong concern. Then find the situations between these two extremes and arrange them in order of increasing anxiety from lesser to greater. Your description of these scenes should be specific enough so that you can easily imagine them. In addition, the degree of anxiety should gradually increase by a small amount from one scene to another.

Now that you have built your own hierarchy of fears, assess your level of anxiety in each of these situations on a scale from zero to one hundred, where zero means no anxiety, and one is the point of maximum anxiety or even panic. Put your score from zero to one hundred next to each of the scene descriptions. It is important that you build your hierarchy so that the difference in estimates of neighboring scenes does not exceed ten to fifteen points, in other words, there should not be too much difference in the estimates of one after other scenes.

The practice of visualization: first, you need to try this practice yourself. Imagine or remember a specific situation. This allows you to better visualize each of the scenes in your hierarchy.

Stay as comfortable as possible, for example, lying or sitting in a comfortable chair. Then close your eyes and imagine pleasant scenes for you. For example, an evening on the river bank, a village or a ski resort ... To your personal taste. Imagine this scene clearly, with all the basic details. Try not to be distracted from this scene. Present it as if you are present in it, rather than looking at it from the side. You are a member of this scene. You see objects, people, you hear sounds, you touch things, people, and you experience emotions as if you were there.

To help yourself more accurately, imagine your presence in that situation, ask yourself the questions: “In the place where I am, what do I see and what do I hear? Where are the other people? What emotions do they express, how tall are they, what are their voices? What am I thinking about? What do I say to others? I want to eat or drink? What does my body feel?”

Imagine this scene for about two minutes. Then relax. Forget this situation, focus only on relaxation. Then again, remember this scene for another two minutes. Relax again.

If you have difficulties with the presentation of this situation, you can start by performing the following exercise. Look at some object or person. Then close your eyes and imagine this object or this person.

Long and Gradual Impact

The procedure for obtaining a long and gradual impact is based on the principle of repression, which has proven itself experimentally. This principle allows us to state: if a person often faces a situation that scares him or causes him anxiety, but presents no real danger, then this alarm will gradually decrease and then finally disappear. In addition, this process of crowding out anxiety can be accelerated if a person learns to relax in this situation.

In this exercise, you will represent all the elements of your hierarchy, starting from number one, that is, from the least disturbing scene. Do this exercise for 20 minutes for several days in a row until you reach the end of your hierarchical table.

Stay as comfortable as possible, relax and try to present in detail the first scene. Concentrate and try to see everything, hear everything, touch everything and feel everything. If you are still worried, continue to present scene number one until your alarm level drops to zero on the proposed scale. Then continue to present the same scene for about fifteen seconds. It is very important to represent each particular scene in your imagination in detail and not to move on to the next until you have reached zero or almost zero alarm level. Then forget this scene and relax. Again, try to present the same scene several times in the same way until it ceases to cause concern.

The repression of anxiety can sometimes occur within a few seconds, and sometimes it can take more than ten minutes. Do not worry about the time spent on the exercise; the main thing is to present the desired scene as best as you can. The main thing that is needed to present a concrete situation is to be as relaxed as possible. When you are done with the first scene of your hierarchical table, you can do the same with the second scene. If after exercising for ten minutes with the same scene you could not reduce your anxiety to the minimum level (between zero and twenty), find another scene that causes you less anxiety. You can return to a difficult level a little later.

If, after using this method, you still feel a lot of social anxiety, you can consult with a specialist in this area. Psychologists, social workers and psychiatrists specializing in behavioral therapies make extensive use of these methods.

Social Fears and Self-verbalization

The result of psychotherapy can be assessed according to the degree of independence achieved by a person who has completed the relevant course. One of the most effective ways that people can help themselves is to encourage their own constructive changes through self-verbalization that is, uttering certain phrases to themselves. Indeed, studies show that the nature of internal dialogue becomes one of the most important factors in case of problematic behavior, in particular, in the presence of social fears. What is the internal dialogue?

Internal dialogue is a series of phrases that we speak to ourselves. This is usually done very quickly, almost without stopping, especially when something takes our attention very much. This happens in several cases. 1) Before any action or event occurs. 2) During an action or event. 3) After an action or event. This internal dialogue expresses our perception of events, our pattern of behavior, judgments, habits, critical attitudes, desires, fears, and so on.

For example, someone comes to get a job. His internal dialogue maybe this: "I would love to get this job, but no doubt there are more competent people than me. If I am asked questions that I cannot answer, everyone will understand that I am an idiot. I probably shouldn't have come to this interview. I do not have enough experience. I'm nervous, and everyone

around is noticing. I stutter when I'm nervous and look ridiculous.” This type of internal dialogue only increases a person’s social fears and reduces their capabilities.

Very often, it stops us or prevents us from doing something not so much our real inability, but rather (and more often) that we are not aware of our real abilities and exaggerate our weaknesses. The study, which compared groups of people with high and low levels of social anxiety, revealed that people from a group with a high level of anxiety underestimate the positive results of their activities and overestimate the negative aspects. Their memory longer retains negative information, throwing out positive. In other words, they actually underestimate themselves, while they are capable of solving the same tasks as people with a low level of social anxiety.

It seems rather obvious that the lack of self-confidence and social fears lead, among other things, to irrational expectations that manifest themselves in our internal dialogue. Almost unconsciously, people with social anxiety tell themselves that in a given situation they will not know what to do, they will provoke a catastrophe, and others around them will turn away and so on.

Here are examples of such irrational thoughts.

“I would love to call Zhinnet, but if she doesn’t call me herself, then she doesn’t want to talk to me.”

"I would like to have dinner at the restaurant with Paul, but if I myself offer it to him, he will think that I am imposing."

"If I tell the children that I want to be alone, they will think that I no longer love them."

We ourselves thus provoke the emergence of our anxiety when we say something like that, instead of thinking of how to resolve the situation. This leads to the fact that we strive to avoid situations that can cause social anxiety, and in fact only provoke an increase in our anxieties. Further, in these situations, we continue to see only the negative and do not notice the positive aspects. And besides, avoiding these situations, we are depriving ourselves of the opportunity to check how everything would be in reality.

But perhaps we can reduce our worries by eliminating irrational and defeatist thoughts, replacing them with rational thoughts.

During an alarming situation, you can tell yourself the following phrases.

- I am calm, I continue to relax.
- If I overcome this situation step by step, I can handle it.
- I always think about what I can do and what positive events can happen.
- My tension can be my ally, because if I feel anxiety, then for me it serves as a signal that I must turn around to face the situation.
- I don't need to prove anything to anyone. If those around me accept, it is very good, if not, then there is no need for the whole world to be my friends.
- I take a deep breath and relax. Everything is fine. I control the situation and myself.
- I am focused on the current situation. What can I do?
- It is possible that my fear increases, but it does not matter, I can relax and control its level.
- I perfectly capture what is happening around me. During this time, I do not think about my anxieties.

When an alarming situation is completed, the following phrases will allow you to maintain a sense of self-confidence and a feeling of success.

- I achieved success.
- It was better than I could have imagined.
- If I can control my thoughts, then I can control my fear.
- I am pleased with my own progress. I will tell this to my best friend.

You can choose from these phrases those that you find most useful, or find others.



7. The Effects of Low Self-Confidence and Benefits of High Self Confidence

Your mind is more powerful than you realize. Your thoughts are what create your emotions, emotions your actions and your actions are ultimately your life. People who display an excellent level of confidence are better in control of their minds and ultimately their lives.

There are things we can learn from people who display great confidence and we can mirror these actions in our own daily lives without much hassle at all if you are willing to apply yourself and are committed to achieving self-confidence and a skill that will allow you to make your way to the top of the ladder.

Keep your eye on the prize at all times and don't let anyone or anything distract you from your goal. Formulate a plan to reach your goal and go for it. Don't over think the situation and create unnecessary obstacles.

Confident people maintain a positive outlook. They expect good things to happen to them and as a result they do. Positive vibes breed and attract positive vibes. Expectation is a tool that is powerful and if used consistently and unwaveringly, the results are spectacular.

People who display great confidence act and speak in a way that allows you to believe that they have already achieved their goals when in fact they have not. Their belief in themselves and their abilities is so great that there can be no other outcome.

Confident people know how to use their words and speech. They speak with intent, make their point, what they say is what is going to happen and they are not prepared to accept anything less.

Confident people listen to what others have to say but they do not let what is said affect how they feel, their opinions or the goals. They are not distracted by what others say and frankly don't care either. They have set a goal, created a plan and they will complete it.

Confident people are quite happy to decline offers or requests from others to take on tasks if it is going to affect the energy and time they have for their own priorities. They know what is important and they are going to achieve it .

People who are confident do not brag about their accomplishments. Arrogance and confidence must not be confused. If you are confident in your work then allow your work to speak rather than vocalize it. Your work will say so much more than your words ever could.

Failure is inevitable at some point in everybody's life. You cannot fear failure as it could be the reason that you never reach your full potential. Confident people are confident even in failure as they know this storm will pass and they will once again be on top. Failure is a learning curve and you should take whatever you can from the experience.

Always bear in mind that people are not born confident and those rich and powerful people pasted all over our television screens, were not born that way. They were all once normal people just like you but they believed in themselves and their abilities. Confidence must be practiced daily, the more you practice, the easier it will be to maintain the confident and positive attitude. A lifetime of practice is what it takes, there is no reaching the end in this game, confidence will grow and prosper as long as you keep the attitude and positive mind frame.

Women & Confidence

Women are often the gender who seems the most stressed or is more easily affected by small obstacles and often lack self-esteem and confidence when you compare them with their male counterparts. Women have been proven to respond, behave and act differently in situations where confidence is required. Yes, women are often led to believe that they are the inferior gender but come on ladies, this is not the 1920's and you are just as able, capable and you have just as much ability (sometimes even more) than your male counterparts.

There are things that every woman should know and these factors could impact heavily on their confidence and ability to tackle any obstacle and devise a plan which they will follow through with to ensure their success.

Hormones play a vital role in confidence; how much or how little you have. Men have the upper hand here with their natural production of testosterone. Testosterone is known to reduce cortisol in the body which in turn reduces stress. Men have in some cases almost 100% more testosterone in their bodies than women do so it is easy to understand why they often appear unflappable in situations which often leave women frayed at the edges.

Serotonin, which is the feel-good chemical released by the brain, is not as easily processed by women. Serotonin also allows you to feel more confident. Eating sugar is a quick fix when you need that boost of feel good power but long-term benefits are felt through regular exercise. Boost those levels ladies and have that feel good feeling pumping you up to take on your next encounter.

Research has shown that women tend to worry and show signs of anxiety about 3-4 times as much as men do and this will definitely lead to lower self confidence levels. The center which control anxiety and worry is twice as big in women as it is in men.

Women often hold back and refrain from taking risks for fear of failure but in cases where they overcome these fears and tackle the tasks and obstacles head on, women perform just as well as men do and as much as men would hate to admit it, sometimes women perform even better.

Confidence is required to take on any task. Our thoughts are converted into actions by our confidence. If your self confidence is high, you will judge your abilities on a higher level than if you lack confidence. Women often underestimate their abilities due to a number of factors and are more likely to take less risk.

Increase in confidence will always result in better performance.

There we have it ladies, you are just as capable and have as amazing abilities as your male counterparts. Don't allow science or social rules to predict who you are, what you have the ability to do and to determine your achievements. Do whatever you can to boost your confidence and get your head in the game. Women are as competent as men, they need only believe in themselves. Women are equal in every way and it's time they realized that and moved out of the corner. Don't wait for your Prince to rescue you, jump on that horse and gallop into the distance on your own and no you don't have to sit side saddle.

8. Barriers of Self Confidence

A lot of people confuse self-esteem and self-confidence. In fact, when a lot of people talk about self-confidence, they're actually talking about self-esteem and vice versa. It's too easy for a lot of people to think that self-esteem and self-confidence are one and the same. No, they're not. They're two totally different things. They do impact yourself; that's one thing they have in common. But in the way they operate and their impact, as well as application, they run on completely different tracks.

In this chapter, I'm going to separate the two so you can have a clear idea of what self-esteem and what self-confidence is. The reason why I need to separate the two is because we're trying to solve a problem. You are suffering from low self-confidence; we're trying to fix that problem. Unfortunately, it's hard to fix a problem if you don't define it properly. If you think that a problem is A and then you define it as B, even the best solutions for B are not going to make the problem of A go away. I hope that much is clear.

It is really important to understand how self-esteem and self-confidence are different from each other while also being related to each other. By knowing how these two concepts play out in your life, you can then put together a winning framework that would enable you to live life with greater self-confidence. That is our ultimate goal. But to get there, we still need to address self-esteem.

Finally, another external component of self-confidence involves how you speak. If you're the type of person who can't speak with enough volume as to instill confidence regarding your competence, that's going to be an issue. People are not going to come to you for answers. People are not going to come to you to be inspired. How can you give them what they're looking for when it's obvious you don't even know what you're talking about? Or at least, you don't give out signals that you feel that what you're saying and what you believe are right?

How important are these external signals of self-confidence? Well, they're extremely important because they impact others to produce. Remember, when you are self-confident, you're not just self-confident because you have nothing else better to do. Self-confidence isn't just some sort of tag or label or some sort of decorative element. It's not like some sort of bright jacket

you wear and that people would point out and say, "Oh. That's nice." No, it actually has an effect on people around you. When that effect happens, it then builds up to change your role.

Just how does this play out? Well, when you send out external signals of confidence, you impact other people to produce trust. They become more comfortable; they feel more familiar. They are more willing to help; all these lead to greater and greater levels of respect. All these also lead them to think that you're part of their team, that they're part of your team, that there's a connection between you.

In other words, when you are confident, you are able to change your surroundings and change your immediate reality for the better. That's how important self-confidence is, because let me tell you, the world couldn't care less about your feelings. Seriously, you can feel very powerful, but if it's internal, and it doesn't manifest itself into actions. You're just wasting your time, because the world only cares about the things that you do.

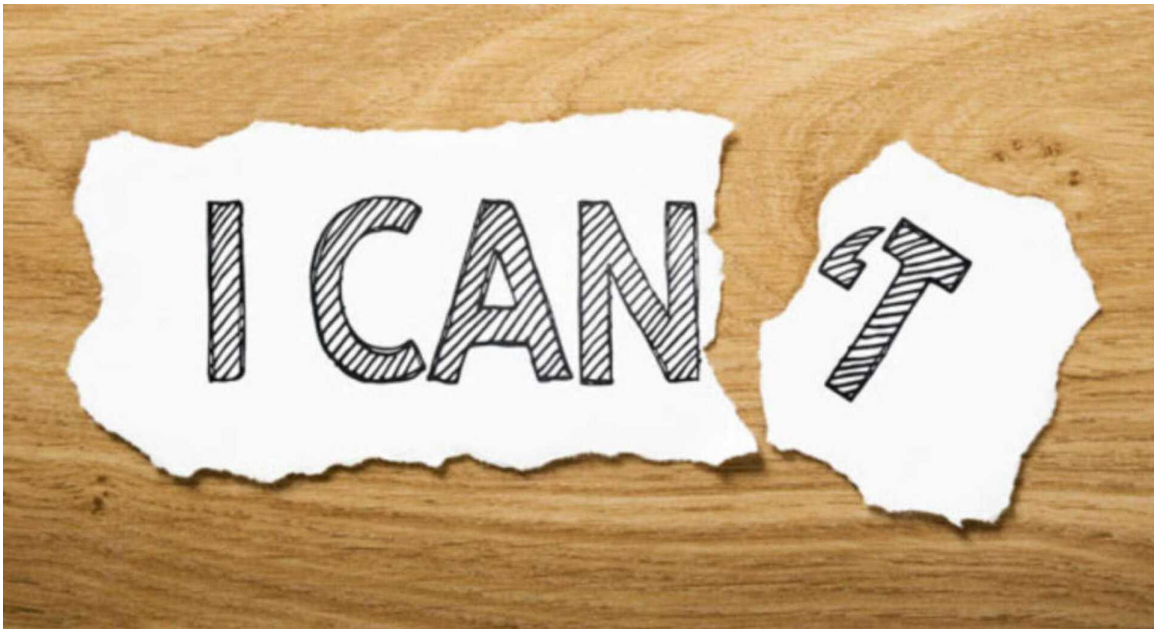
One way you "do things" is when you impact people enough or inspire them enough to do things for you or behave differently. You see how this works? That's how the world judges people. That's how the world sizes people up. It's all objective; it's all about results. All this talk about feelings, emotions, what could've happened, what should have happened or what they have intended, all that is rubbish.

At the end of the day, none of that really matters. All that matters as far as the world goes is what did you actually do? How did you change your surroundings? How much of an impact did you have on people around you? Did people stop behaving differently? In other words, the world looks at human relationships and human dynamics in terms of chain reactions that manifest themselves in actions. In other words, this is concrete. This is not theoretical; this is not speculation. Either you did something, or you didn't. You either had an impact or you didn't.

That's how important self-confidence is because on an objective level, it changes your reality. When you have an impact on others, they can behave differently, and you can start moving towards a common goal. You can start communicating with each other in a way that can make certain changes happen. Now, keep in mind that these changes can be positive or negative. That's not really the point. The point is the world only looks at you based on

the results that you produce. This can be positive results, as well as negative results.

9. Improve Your Decision



Building self-confidence is an ongoing process that needs determination and energy. Here are some steps to think about when you are trying to build yours:

Step 1: Step Out Of Your Comfort Zone

If you are going to have unshakeable confidence, you have to be willing to step out of your comfort zone so that you can do things out of the ordinary. You have to stir up that urge burning within you to be extraordinary.

Perhaps you have a brilliant idea that your belief could benefit your company, but you do not know how to share that with your boss. Perhaps you have a crush that you never dared to approach .

The problem that comes with not acting on these desires is that you will stagnate right where you are. Truth is, when you fail to explore new experiences, you are letting fear take away your sunshine. You are simply digging deeper into your zone of comfort. The hole that you have been sitting in for several decades now.

Yes, it may be intimidating to make the first approach into the unknown, risking being embarrassed by failures. But if you think about it, it's just 'FEAR' – False Evidence Appearing Real. What is the worst that could happen? Often times, you are just overthinking. Stepping out of your

comfort zone can be so daunting, but it is important if you wish to fulfill your life's purpose and have unshakeable confidence. This could be the way you can finally prove to yourself that you can achieve anything you set your mind to.

After all, what is the worst that can happen? You can share with your boss and steer the company to success, or the boss simply turns it down. You could ask that girl or boy out, and they could say either yes or no – You also get your answer without wasting too much time guessing. Either way, it is a win-win situation .

The secret to having solid confidence starts with you!

One thing that I will tell you for sure is that to get out of your comfort zone; you have to start by setting micro-goals that will all eventually add up to the bigger picture. Micro-goals simply refer to small pieces of the larger goal you have. When you break your bigger goals into chunks, accomplishing them becomes quite easy, and you will have so much fun while you're at it. This will also build up your momentum to keep pushing until you have reached your target.

So, we suppose that you have a business idea or strategy that you would like to share with your boss but haven't gotten the courage to do it. What you can do instead is break your major outcome into smaller goals that eventually yield similar outcomes. Take small steps to get started, no matter how small it is. Instead of taking the big leap and feeling overwhelmed, starting small will take the pressure off you. When you do this, you simply make things quite easy to digest and make follow-ups easy.

So you like that girl or boy and have no courage to tell them how. But he or she may not be single in the first place. So your micro goal should be to establish a rapport with them first before you dive into the deepest end of things. Even before you ask them out on a date, get to know who they are by just initiating a short conversation with her/him. Isn't that better? This does not sound like you are stalking them.

That said, you have to appreciate that when you set micro-goals, it allows you to step out of your comfort zone. As you achieve your micro-goals one after the other, you will realize that every small wins can help you get the confidence you need to move forward. Challenge yourself that you are

going to do something out of the ordinary every day and see how that grows your confidence.

Step 2: Know Your Worth

Did you know that people with rock solid confidence are often very decisive? One thing that is pretty admirable with successful people is that they do not take too much time trying to make small decisions. They simply do not overanalyze things. The reason why they can make fast decisions is that they already know their big picture, the ultimate outcome.

But how can you define what you want ?

The very first step is for you to define your values. According to Tony Robbins, an author, there are two major distinct values; end values and means values. These two types of values are linked to the emotional state you desire; happiness, sense of security, and fulfillment among others.

Means Values

These simply refer to ways in which you can trigger the emotion you desire. A very good example is money, which often serves as a mean, not an end. It is one thing that will offer you financial freedom, something that you want and hence is a means value.

Ends Values

This refers to emotions that you are looking for, like love, happiness, and a sense of security. They are simply the things that your means values offer. For instance, the money will give you security and financial stability.

In other words, the means value is the things that you think you desire for you to finally get the end values. The most important thing is for you to have clarity on what you value so that you can make informed decisions much faster. This, in turn, will give you a strong sense of identity, and that is where you draw everlasting confidence from. You have to be in control of your life and not the other way round.

One way you can do that is ensuring that you define your end values. You can start by dedicating at least an hour or two each week to write down what your end values are. To get there, start by stating what your values are that you'd like to hone to get to your dream life.

Some of the questions that might help you put things into perspective include;

- What are some of the things that matter most in your life?
- Are there things that you do not care about in your life?
- If you were to make a tough decision, what are some of the values that you will stand by and what are those that you will disregard?
- If you have or had kids, what are some of the values you will instill in them?

Step 3: Create your own happiness

Happiness is a choice, and also the best obstacles are self-generated constraints like thinking that you're unworthy of happiness.

If you do not feel worthy of joy, then you also don't believe you deserve the good things in life, the things that make you happy and that'll be precisely what keeps you from being happy.

You can be happier. It is dependent upon your selection of what you focus on. Thus, choose happiness.

Happiness is not something happens to you. It is a choice, but it takes effort. Don't wait for somebody else to make you happy because that may be an eternal wait. No external person or circumstance can make you happy.

Happiness is an inside emotion. External circumstances are responsible for just 10 percent of your happiness. The other 90% is how you behave in the face of those conditions and which attitude you adopt. The scientific recipe for happiness is external conditions 10%, genes 50 percent and intentional activities - that is where the learning and the exercises come in - 40%. Some people are born more happy than others, but if you're born unhappier and practice the exercises, you will end up happier than somebody who had been born more joyful and does not do them. What both equations have in common is that the minimal influence of outside conditions on our happiness.

We usually assume that our situation has a much greater impact on our happiness. The interesting thing is that happiness is often found when you quit searching for it. Enjoy each and every moment. Expect miracles and

opportunities at each corner, and sooner or later you will run into them. Whatever you focus on, you may see more of. Pick to concentrate on opportunities, decide to focus on the good, and choose to focus on happiness. Make your own happiness.

Step 4: Be Ready To Embrace Change

Have you ever found yourself obsessing about the future or the past? This is something that many of us find ourselves doing. However, here is the thing; the person you were five years ago or will be five years from now is very different from who you are right now.

You will notice that five years ago, your taste, interests, and friends were different from what they are today and chances are that they will be different five years from now. The point is, it is critical that you embrace who you are today and know that you are an active evolution.

According to research conducted by Carol Dweck, it is clear that children do well at school once they adopt a growth mindset. In fact, with the growth mindset, they believe that they can do well in a certain subject. This is quite the opposite of what children with a fixed mindset experience because they believe that what they are and all that they have is permanent. Therefore, having the notion that you cannot grow only limits your confidence.

What you should do to embrace all that you are is stopping self-judgment. Most of the time, we are out there judging people by what they say, how they say it, what they wear, and their actions. In the same way, we judge ourselves in our heads comparing our past and present self.

For you to develop a strong sense of confidence, it is important that you start by beating the habit of self-judgment and negative criticism. Yes, this is something that can be difficult at first, but when you start to practice it, you realize how retrogressive that was .

You can start by choosing at least one or two days every week when you avoid making any judgment at all. If you have got nothing good to say, don't say it. If there is a negative thought that crosses your mind, you replace it with a positive one.

Gradually, your mind will start priming to a state of no judgment, and it will soon become your natural state of mind. This will not only help you embrace others but also accept yourself for who you truly are.

Step 5: Be Present

Sounds simple, right? It is important and necessary that you build your confidence. By being present, you are simply allowing your mind, body, and soul to be engaged in the task at hand.

Let us imagine speaking to someone that is not listening to what you are saying. This is something that has probably happened to a good number of us. How did you feel? On the other hand, imagine speaking to someone, and you feel like you were the only person in the room. Feels pretty special, huh?

The reason why you feel special is that they were present at that moment. They paid very close attention to what you were saying, feeling every emotion with you. They were engaged in the conversation at a deeper level. This way, you can retain information while still experiencing empathy.

To be present, you have to develop a mental double-check. This simply means that you should mentally check-in on yourself regularly. To do that, you have to develop a mental trigger or calendar when you ask yourself where your mind is. This is the time when you act as an observer of your mind.

Are you thinking of dinner reservations while in a meeting? Do you think that you are not good enough? To call yourself out of these negative thoughts means that you mentally check in on yourself every often. Once you have the answer to your question, take in a deep breath and bring back your focus on your most important things.

10. Higher Performance

Every Thanksgiving, Americans gather together with their families to celebrate all of the blessings they've experienced throughout the year. Many families prepare a huge feast with turkey, cranberry sauce, mashed potatoes, and a slew of various casseroles, desserts, and drinks. It's a great time of eating, spending time with family and friends, and remembering all of life's blessings.

Unfortunately, most of us forget how important gratitude is throughout the year, not just on that one day. We get caught up in the business and stressfulness of life, and we rarely stop to remember that every day is a gift and that every moment we spend on this earth is something to be grateful for.

Learning to have an "attitude of gratitude" is an important step in raising your self-esteem. It helps you develop the habit of focusing on the positive things of life, which will improve your self-esteem, your happiness, and your general sense of wellbeing. Gratitude helps you keep the good things visible, while the bad things start to fade away.

When you have a negative outlook on life, you'll often find that the bad things are all you can see. Negativity has a nasty way of distorting your reality, making it incredibly difficult to see the good things that are happening all around you. However, having a positive outlook on life can do the same thing! If you learn to stay focused on the positive, the bad things that happen suddenly don't seem so horrible. You're more able to keep them in perspective, remembering that they aren't the only part of your story.

The benefits of being grateful

Physical health: Studies have shown (Personality and Individual Differences 2012) that people who practice gratitude report feeling healthier than others and tend to experience less aches and pains. They also tend to be more conscious of their health, exercising more and attending regular check-ups. Because grateful people have a more positive outlook on life, they're much more motivated to ensure continued health and wellness by taking care of their physical health.

Psychological health: People who are grateful experience fewer feelings of envy, resentment, frustration, and regret. Such toxic emotions are a major contributor to chronic depression and decreased happiness. On the other hand, gratitude has been shown to increase happiness and reduce depression, leading to a healthier psychological state.

Relationships: Gratitude toward others opens doors for new friendships to begin, as well as for older ones to grow. People want to feel appreciated, and when you let them know that you are grateful for them, they're much more likely to want to continue the relationship.

Sleep: A study published in *Applied Psychology: Health and Well-Being* in 2011 showed that simply spending 10-15 minutes writing down what you're grateful for can help you sleep better and longer. By ending each day focusing on the positive in your life, you'll be able to go to sleep smiling and excited for the next day.

Prosocial behavior: People who practice gratitude will be more likely to behave in a prosocial manner, meaning they'll be more kind, sensitive, and empathetic. Instead of desiring to seek revenge, they're more likely to experience compassion and understanding when they've been wronged.

Self-esteem: Gratitude helps reduce a person's need to compare themselves to others. A grateful person appreciates their own accomplishments, belongings, and circumstances, and is therefore able to appreciate those of others' instead of being resentful or jealous. Because of this, they understand their own strengths and appreciate them, resulting in higher self-esteem and self-worth.

Mental strength: When a person recognizes everything they have to be grateful for, it results in a greater level of resilience. A person who has experienced a trauma can still look around them and see the good that's happening, even in the midst of the bad.

Keep it in perspective

Despite my previous admonitions that you avoid comparing yourself to others, it can, in some cases, help you remember that your life isn't all that bad and that you do have a lot of great things happening all around you. If you were able to spend the money to buy this book, you're extremely blessed. Did you know?

- Half of the world's population live on less than \$2.50 a day and 80% live on less than \$10 a day (Global Issues website).
- 1 in 9 people are unable to access clean water (The Water Project).
- As of 2005, the United Nations reported 100 million people were homeless around the world and 1.6 billion people lack adequate shelter.

When you think about all of those astounding numbers and remember that there are human people behind each one, it's not quite as difficult to remember how good you have it.

How to develop a habit of gratitude

1. Keep a gratitude journal. As you write in your journal every day, spend a few minutes remembering a few of the things you have to be grateful for. This time of intentionally choosing to be grateful will help you learn to recognize the good things as they come. One thing to note about your daily gratitude journaling: try to find something different every day. Don't just write "I'm grateful for my family." Dig deeper. What, specifically, are you grateful for about your family? Be unique in what you write, too. Try to think outside the box. It's easy to end up on auto-pilot with this exercise, so don't let yourself get there! A little critical thinking never hurt anyone!
2. Be mindful of your surroundings. Pay attention to the world around you. If you live in a city, take a minute to think about all of the unique people buzzing around you or the amazing things that happen in your city that make the world a better place. Think about all of the first responders who lay their lives on the line every day so you can be safe. If you live in a rural area, pay attention to all of the nature around you: the flowers, the grass, the sky, and the animals. Recognize all of the beautiful things you see for the blessings they are and be grateful.
3. Start saying thank you to those around you. Anytime someone does the smallest favor for you, take the time to thank them. If

you already do this, make sure that you're doing it with sincerity, not just out of habit or politeness. As I said earlier, everyone wants to feel appreciated, and when you make someone else feel good about what they've done, it's very likely you'll feel good about it, too.

Reflect

1. In this chapter, what is one thing you learned that you didn't already know or hadn't thought about before?
2. In your own words, describe what it means to be grateful and why it's important.
3. Would you consider yourself to be a grateful person?
4. What are some things you're grateful for in your life?
5. What is one thing you could start doing today to become more grateful?

11. Think Positively

Have you ever known someone who seems to hold onto grudges as if their life depended on it? They wrap themselves up in their pain like a shield to keep them safe against the feelings of vulnerability and betrayal they once felt. Or they hold onto past narratives of who they are, never willing to change or write a new story for themselves because they're afraid they might fail. Or they persist in their feelings of guilt and shame because they believe that by doing so, they'll eventually make up for the mistake they once made.

People like this tend to be people we don't spend much time around. They rarely enjoy life, they often take on the role of a victim, and they can be difficult to be around. However, if we're honest, we're all a little bit like that. It's easy to hold onto the negative things in life. It's much harder to learn to hold onto the positive. It has something to do with that evolutionary instinct for survival we discussed in previous chapters, I guess.

Jack Kornfield once said, "To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own." Holding onto past pains and regrets won't change anything. It doesn't change what happened in the past or fix broken relationships. Instead, it only traps you in negative thoughts and feelings, keeping you from developing a sense of self that's defined only by who you want to be.

So, whether it's a past hurt or regret, a person you're no longer able to communicate with, a negative body image, guilt over a past mistake, or some other negative experience you choose to hold onto, sometimes the most important lesson you can learn to start building your sense of self and consequently, your self-esteem is how to let it go.

If you're anything like me, though, you might be thinking, "That's great and all, but it's just a bunch of words. 'Letting go' is just an abstract idea; what does it really mean and how do you actually do it?"

What does letting go actually mean?

Have you ever ridden a bike down a long, relatively straight hill and let go of the handlebars? If so, do you remember the feeling of freedom (and, yes, some fear) as you flew down the hill, pedals spinning wildly, completely at the mercy of the road in front of you?

Or, more painfully, have you ever forgotten to grab oven mitts before reaching into the oven to grab the cake you were baking? Do you remember how quickly you let go of the pan, perhaps even dropping it unceremoniously on the floor, and the subsequent relief your burnt hands felt?

Letting go in your mind and heart can feel a lot like both of those things. It's both freeing and painful, relieving and scary. It's about getting rid of all of the worry, doubt, and fear you have about a situation or person. It's a decision you make to stop ruminating on anything out of your control and to focus on what you can control.

Letting go means that you accept what's going on right now in the present moment and refuse to worry about what might happen tomorrow.

But it doesn't just mean that you say you've let go. It's a process that you have to go through on a day-to-day basis, and it's important that you be patient with yourself. Like with anything in this book, learning to let go and building a healthier self-esteem will take time and effort. Understand where you're at in the journey and have compassion on yourself.

How do you start letting go of the negative things in your life?

1. Practice mindfulness. Yes, this skill is applicable here, too. Mindfulness is the first step in controlling your thoughts, which is the first step in any kind of lasting change. The mind is an amazing thing, and it can be your greatest ally or your worst enemy. When you get in the habit of being aware of your thoughts without attaching your identity to them, letting go becomes much easier. Those negative thoughts and experiences no longer define you, so you're free to let go of them.
2. Write it all out. Although it's never a good idea to obsessively ruminate in the past, it's also important to allow yourself the space to feel the negative emotions that arise throughout the day. Writing is a great way to do this. It allows you to see your thoughts appear on the page, giving you some much needed space and objectivity. At the same time, you're acknowledging that the emotions are real and valid. When

you're able to do both of these things (have objectivity while understanding the validity of your emotions), you'll be able to move on with your life. It's all part of the process.

3. Accept that you might not get the "closure" you want. Sometimes, for whatever reason, closure is simply not possible. You might never hear the apology you think you deserve. You might never get to give the apology you need to make. You might never get to resolve the situations that are keeping you up at night. The only way you'll be able to learn to let go is if you accept a situation for what it is without constantly wanting it to be different.
4. Accept that you can't control other people. Other people are going to do what they do and be who they are. The sooner you're able to accept that and start worrying only about your own actions, the happier you'll be.

Reflect

1. In this chapter, what is one thing you learned that you didn't already know or hadn't thought about before?
2. In your own words, describe what it means to let go.
3. Would you consider yourself to be someone who's able to let go of situations and people fairly easily?
4. What are some things you need to let go of in your life?
5. What is one thing you could start doing today to learn how to let go of these things?

12. Quality of Leader

Imagine you are having a conversation with someone, maybe a colleague or sales person. As you speak, you notice that the person you are talking to is not really paying attention to you. They don't seem to respect your views and are uninterested in what you are trying to say. You struggle to get your point across and are unable to express what's on your mind.

This situation would leave your self-confidence running for cover. After all, this person clearly doesn't find you engaging or interesting, and they don't seem to respect you either. It's enough to make you avoid people for the rest of your life...

Now imagine talking to someone and capturing their full attention. They hang on to every word you say, and you have no problem communicating your ideas and feelings. You do this in a calm but authoritative way that leaves plenty of room for discussion, but no doubt about what you are saying. You both come away from the conversation feeling like you got something from it. It's a win-win.

In the second scenario, the speaker is communicating assertively. That doesn't mean they are being boorish, aggressive, or have to resort to shouting or swearing to express themselves. Nor are they using bullying tactics to diminish the person they are speaking to.

Instead, they are positive but accepting of other points of view, and calm but not passive. At the end of the discussion, both parties should be happy with what was said and the way it was said, even if they don't necessarily agree with everything they have just heard.

What is assertive communication?

Assertive communication is a very worthwhile skill. In all aspects of life, you are judged on your ability to communicate effectively.

Assertive communicators are generally:

- More successful.
- Have a better self-image and greater self-esteem.
- Feel respected.
- Are considered more trustworthy.

- Experience less stress.

There are several techniques you can use to improve your assertive communication skills.

1. Use “I” statements

“I” statements allow you to express your views without sounding accusatory. For example, saying “you are wrong” to your boss can come off as aggressive or disrespectful. However, if you say “I disagree” instead, you are getting your point across in a more palatable way.

Additionally, requests can be framed assertively to make them more acceptable to the person you are talking to. Instead of saying “you need to do this job” a more assertive way would be to say “I need you to do this job.”

“I” statements give you ownership of the statement you are making, and that is much more powerful than passive language.

2. Practice saying no

Does your boss take advantage of you, constantly heaping more and more work onto you? Is your spouse as bad? How about your kids? Do you find that you are often taken for granted ?

Saying no is not always easy, but’s in an important skill in assertive communication. It allows you to stand up for yourself.

The next time you are asked to do something you don’t want to do, don’t agree with, or are unhappy about, try saying “no.” If you need to explain your reasons, keep that explanation brief. Let the word “no” do the work for you.

3. Change your verbs

Use verbs that are more emphatic and positive and less passive. This will make your statements harder to ignore, making them sound more like instructions and less like requests. Examples include:

- Instead of “I need” say “I want”
- Instead of “I should” say “I will”
- Instead of “I choose to” say “I have to”

You are saying the exact same thing but without the sugar-coating that many people use to disguise nervousness or lack of self-confidence.

4. Consider your tone

Some people mistake aggression for assertiveness. They are not the same thing. Make sure you keep your voice calm and relaxed, even if the discussion you are having leaves you feeling uncomfortable or annoyed. If you lose your cool, you have lost your power and position in the conversation.

Rather than raising your voice, speak more quietly to force the other person to really listen to you closely. Speak slowly and clearly, and don't rush your words to try and get your point across.

5. Be open to a meaningful discussion

Even with assertive communication, you won't always get the response you want. Don't walk away and give in – that's passive and far from empowering. Instead, be prepared to extend the discussion until you reach the solution you want.

This may mean you need to ask more questions, explore more options, or listen more carefully. You may even need a break and have to come back to the conversation at a later time. It's worth your time and effort to a) achieve the solution you want and b) do it in such a way that both parties are happy with the outcome.

6. Pay attention to non-verbal communication

It's often said that body language is uncensored communication. It's easy to be misleading with the words you say, but your body doesn't lie so easily. Make sure your non-verbal communication matches what you are saying – even if you are on the phone and the other person can't see you.

For example:

- Sit or stand up straight – good posture makes you look and feel more self-confident.
- Maintain eye contact.
- Look interested and alert.
- Nod to show understanding.

- Do not cross your arms or turn away – both are signs of aggression.
- Smile naturally when appropriate but do not force it.

7. Be present in the moment

To communicate effectively, make sure you keep your mind on the conversation you are having at that moment. Don't rehash old arguments or bring up issues that, now past, have little bearing on what you are currently talking about. Instead, focus on what you are saying and hearing at that time. You'll avoid distractions that way.

Hey there! Just a quick check before we continue learning further. Let me ask you – How do you feel? Are you already familiar with the concepts described here? Or are you enjoying learning some new ideas and methods? Please let me know

8. Practice, practice, practice!

Assertive communication is a skill and, like all skills, it takes practice to master. Start off small and use these techniques in day-to-day conversations with colleagues, family, and friends.

Before using assertive communication in more important situations, e.g. a negotiation for a pay rise, consider writing a loose script and practicing it several times, memorizing key points and phrases. This will make you feel more confident.

Chapter summary:

Communicating assertively does not mean being aggressive. Instead, it's the best way to get your point across while being positive and respectful to the person you are speaking to. If you master assertive communication, you are more likely to feel confident and comfortable, even in important situations, and come away satisfied with the end result.

13. Accept the Change and Improve

What is self-worth?

Self-worth is how you value and regard yourself. It's how you view yourself in spite of what other people say or think about you. If you were being brutally honest, it's how you might describe yourself – warts and all!

Your self-worth is a deep-seated opinion and, as such, it can be hard to change. It could also be considered your ego.

If you have a high state of self-worth, you have a favorable opinion of yourself. You have faith in your abilities and consider yourself to be a good person. You accept your flaws and are happy and comfortable within your body and mind.

You are also very resistant to external influences that try and change you. The opinions of others about you are not important because you are secure with who you are. You like who you are, and any decision to change will come from within.

What self-worth is not ?

Self-worth is a feeling and is not easily measured, but people still try to compare their self-worth to others. Self-worth is not:

- The number of friends you have.
- Your income.
- The size of your house.
- Your job.
- Your achievements.
- Your appearance.
- Your social media following.
- Your age.
- Your grades.
- Your political affiliations.
- Your country of origin.

In contrast, your self-worth is what is left when you are stripped of all these things.

People with high self-worth almost always have high levels of self-confidence and self-esteem. They love and value themselves and feel worthy of the good things that life gives them. They also tend to take criticism as constructive and don't take it personally or allow it to upset them.

In contrast, people with low self-worth do not value themselves, do not have trust in their abilities, and are often unhappy with their station in life.

They may understand that things could be better, but don't think they deserve them to be. They are used to disappointments, and even expect them, and do not feel deserving of success, happiness, or wealth. They definitely lack self-confidence and often seek validation from other people.

People with low self-worth may have dozens of friends, lots of money, or a big house and a great job, but none of that stuff makes them happy. At their core, they don't especially like themselves very much, despite their apparent successes.

The source of your self-worth and how to develop it

Self-worth comes from accepting yourself at all times, despite your flaws. You must recognize that the person you are right now has value and deserves to be happy. You are worthy of all the good things in life, and other people's opinion of you are unimportant. You recognize that you are a person to be valued, and that you deserve your place in life. You have confidence, faith, and resolve.

To have self-worth, you need to understand that you are more than just your job, your bank balance, or the car you drive. Your happiness should come from within, and not external influences such as possessions or the how many likes you get on Facebook!

How to build self-worth

As we've just learnt, Self-worth comes from within, and everything you need is already inside you. You may, however have to change your views to be able to recognize the things that make you a person of high self-worth.

Do the following to increase your self-worth. This won't happen overnight but, with practice and persistence, you will start to see that your self-worth is much greater than you realized.

1. Redefine success

We can't all be millionaires, mountaineers, life-saving doctors, or Olympic athletes. This doesn't mean that less noteworthy achievements are any less important. Redefine success so that it relates to you, and not to the achievements of others. Celebrate your successes rather than comparing your achievements with others'.

2. Make your outer appearance a choice and not a yardstick

If you were the only person in the world, would you worry about how you look? Probably not. Instead you'd be quite happy with your appearance because you would never compare yourself to others. There would be no fat, no thin, no beautiful, no ugly, no fashion, and no pressure to look a certain way.

Stop comparing your outward appearance to others. We all look different and that's okay. How you look does not define you, and it definitely doesn't have any influence on your self-worth.

3. Seek role models for inspiration, and not comparison

Comparing your achievements to those of others will often lead to feelings of low self-worth. It's easy to think things like "I'll never be as clever, as rich, as thin, or as pretty as them" and feel badly about yourself as a result.

Rather than be jealous of a role models' achievements, allow their achievements to inspire you do be the best person you can be. For example, admire their work ethic rather than the money they have in the bank. Be inspired by what they do, and not what they have achieved.

4. Stop chasing the approval of others

Do you get upset when your witty social media post gets no likes? Do you feel happier when more people "love" your recent selfie? Do you post pictures of where you are or what you are doing to try and make your friends jealous? These are all signs that you are seeking the approval of others, and your self-worth is tied up with what other people think of you.

Rather than worry about the opinions of others, focus more on your opinion of yourself. Try NOT posting a picture of your latest outfit or haircut. If YOU like it, that's all that matters. Do things for your own gratification, and not for the opinions of people who only know you through social media.

5. Live a life based on your values

You explored your core values back in these are the things in life you consider most important in your life. Increase your self-worth by living a life based on these values. For example, if you value your health, don't smoke, try to exercise regularly, and watch what you eat.

These actions will increase your self-worth by making sure your time and energy are spent on the things you truly love and cherish.

6. Take stock of your talents

It's always good to remind yourself about the things you are good at. We all have different skills and listing them can help boost self-worth. You might not be a grade A student, or be able to cook exotic meals, but that doesn't mean you don't have any talents. There are bound to be things you are very good at.

Take stock of your talents and don't worry about the things you can't do. Take steps to perfect your talents and be the best at them that you can be.

Chapter summary:

Self-worth comes from within. It is your opinion of yourself when you've been stripped of the things like money, clothes, employment, and the opinion of others. It's who you truly are. Self-worth cannot be measured, but low levels will reduce your self-confidence and self-esteem. With practice, you can increase your self-worth, and will be happier, more secure, and more confident as a result.

14. Be Determined

Who says there is no single cure for all of life's problems? There is, and it is called humor. Yes, the ability to laugh in the face of the very situation that gave you the blues is powerful and addictive! Humor is the cushion that can soften the impact of many shocks, and not let the minor ones even register. Sadly, even though people understand the importance, they are at a loss at how to make it happen in their lives.

Gelotology is the study of laughter, and as such can encompass a consideration of the philosophical basis for humor. Nevertheless, gelotology is mainly concerned with the act of laughing itself, however, and in particular all its psychological and physiological aspects. Though gelotological research has been conducted, its primary motivation is of a therapeutic and practical nature.

For theories of laughter and humor in general, we remain with the philosophers and other such "cultural thinkers." Whatever humor is, it is generally agreed to be a gift from God, a blessing, for it is tough to imagine a life without having laughter, which is to say a person without a sense of humor. And as hard as it would be to explain just what humor is, it's even harder to explain why it is - although the two might well be related. For instance, some evolutionary psychologists view humor as a means of sexual selection by females, as an indicator of other traits, for instance, intelligence, that do confer obvious survival benefits.

Definitely, aptitude seems somehow convolutedly linked to a nous of humor as in the old line about "he who laughs last., thinks slowest." Humor appears rather intricate, but certain traits appear alike: An unsuitableness, a misattribution, even feelings of preeminence. All these necessitate a human being (often regarded as the only innate that laughs), a configuration recognizing sense-making creature.

What makes something funny often goes against our preconceived notions (incongruity), or allows us to make light of serious issues (misattribution), or can even be due to a feeling of advantage (superiority). Thus we laugh if somebody shows up for work wearing a suit and tie with his pants' zipper unzipped; we find the sight of a man falling out of a building flailing

crazily, as if trying to fly, strangely funny; we may even snicker at a homeless panhandler mumbling to himself over a can of beer.

Humor is Useful in Daily Life and Not Just in Comedy Shows

People usually relate humor to the antics performed by a strange guy in funny pants on a TV show on weekends. Well, not quite - there is a world of difference between humor and laughter. While you may not be displaying the full set of your teeth to the world all the time, it is important to maintain the funny disposition. Here is how you can go about doing it:

Surround yourself with humor: You need to make an effort to ensure that the river of humor keeps flowing in your life. Maybe it is some very witty comedian you admire or a humorous writer you enjoy - make sure that you take out some time daily and a lot of time weekly for it. This will perpetuate happiness and light-heartedness in your life and will help you keep your cool in trying situations. Believe it or not, no medicine is permanent (except poison!) - You need to keep up the regular practice of being humorous to derive some benefits .

Get motivated, in a funny way: There is no better and practical way than to learn this art hands-on. Therefore, it is indispensable to find a teacher who can drive you to achieve more by the application of humor. You can read all the books that you want in the world, but if humor is not learned practically, only failure will have the last laugh! Do not keep waiting any longer. Experience the power and effectiveness of humor in your life, and discover how easy it is to laugh your way to happiness and success!

How to Make Friends

The first successful mission in life is making friends. Friends motivate and encourage each other; this brings self-confidence and exchange of knowledge. You need to know how to make friends. Your social life is not going anywhere fast. Your colleagues talk animatedly about all the social events they have been to last weekend or the ones coming up next. You live in horror of the inevitable question "So, what are you doing next weekend then? You wish with all your heart that you knew how to become the guest that everyone wants to invite to their barbeque, pot luck dinner, on a double date, a picnic or something more formal .

Are you one of those people who do get invited but find that you are not asked back for a second time? It doesn't have to be painful to impress people you want to see more of. It doesn't have to be you spending weekends alone. If you practice these easy tips on how to have successful conversations.

Firstly, cultivate conversation starters. Once you start, you will find that a whole new world will open up to you. Firstly, open conversations with everyone you meet. The counter clerk at your local convenience store, the desk jockey at the library, the sales assistant at the hardware store, the wait staff at your favorite café, the person standing next to you at the bus stop or travelling in the bus or train with you. Get the picture?

This technique works amazingly well with people you meet in the course of buying something. Wait until they are half way through serving and then simply ask "How are you doing today?" Nevertheless, this is an extremely effective way to connect. The key here is to wait, then ask. This approach will cause the person serving you to pause and look at you and really engage. And then all you have to do is listen and ask questions as they cue you in! Easy as! And guess what? The more you do this, the more opportunities that will open up for you to strike up conversations. People often want to keep talking even though they have other customers waiting!

Another area to work on is being aware of how the other person sees you. That is your body language. Practice looking people in the eye, smiling when you ask how they are, nodding when they respond and focusing on what they are saying. If you feel nervous or shy, then I always say "fake it till you make it"; that is act as if you are confident. Spend some time every day visualizing how successfully you will talk to people and feel how good it is to connect with people. This will help enormously.

Once you have mastered this art, people will want to talk to you. Your work colleagues will notice you in a different way, and you will begin to get invitations to social outings. To be someone who gets invited back again and again, there are some things to remember about what to do and how to participate throughout the event .

Put your best foot forward. Dress your best and for the occasion. This means if it is casual, wear casual clothes - but your best casual outfit. If it is

formal, then dress formally. If it is a relaxed event, then arrive on time. Don't get there 15 minutes early when your hosts are still rushing around organizing things. This is awkward. If it is something more formal, then you can arrive a few minutes before the stated time as this will help you to orient yourself.

While you are there, introduce yourself to people and use your expertise in starting and conducting conversations. Socially confident people introduce information about themselves earlier in the conversation. Don't wait for the other person to ask your name. Introduce yourself early and ask for their name. Then use it. They say we need to say something five times aloud before we truly remember it. So remember to use their name when you ask them a question. Follow up with a question about them like those listed below and look for interests in common.

Here are some tips to move the conversation into more and more personal levels:

- Use the environment. Make a comment about your surroundings.
- Share little things about recent events; movies, new cafes you have tried.
- How about a book you recently read; ask what interesting books they have read.
- Keep up with current events and share these: news, sports, and community events.
- Ask open-ended questions beginning with what, where, when.
- Remember to listen and be enthusiastic about what you are hearing.
- Give compliments about an article of clothing and ask where they got it.
- Relax, make eye contact and shake hands when you meet.
- Recall previous conversations you may have had with the same person and ask for an update or if things have changed or what has happened since you last met

- Finally, if things are dragging let the conversation go. You won't connect with everyone.

Keep an eye on how the event unfolds and take cues for when it might be time to leave from others. Remember, always thank the hosts and don't gush. A simple thank you for a lovely time, or "thank you for organizing this, I had a great time" will be enough. Only offer to help if you can see this would be appropriate. A rule of thumb is the more formal the occasion, the less this would be seen as the right thing to do.

Fear of Failure and Fear of Success

A certain team manager stated that, "of all the conversations I have facilitated via coaching in the past 10 years it astounds me the amount of people who divulge either one on one or in a seminar format that they have a fear of either failure or success!" I personally do not believe as a spiritual being you can fail so do not buy into this belief. It saddens me how many people state this and yet are not present to the costs of where they are resonating. I heard a fabulous quote and I am sorry I cannot remember the person who wrote this, but I feel it sums up what I believe success means. Here it is:

"Success should not be measured by your achievements alone; it should be measured by the obstacles that you have had to overcome". Logically why would a person in their 30, 40, 50's continue influencing their world by stating they have a fear of failure unless they were committed to sabotaging their reality? Beliefs are almighty powerful and can make or break a dream. If you are interested in transformation and have a fear of failure, check out how ludicrous this is!

People rattle it off like ordering a 'flat white coffee', no consciousness around how debilitating this belief or fear is. Then to the contrary, I also hear people state that they are fearful of success, doubly ludicrous. How's that for complete and utter sabotage. Just because you have a belief does not mean it has any reality, have you ever thought about that? People are so had by their feelings, especially their default disempowered feelings that they do not interrupt this thought patterning. When you state you are afraid of failure, or afraid of success, what does it actually mean? It is usually stated in such a sweeping statement that most people are not present to the impact of such statements. They state it like a finite statement.

You possess the knack to discipline your contemplations, and if this is the case, then you also have the power to re-create your future by changing the way you think. I do not believe you need to overcome these fears for fear has no reality but the reality and meaning to which you give it. Fear is but a barometer of your disconnection from yourself/faith is only but a projected thought, either past or future related. It is nothing more and nothing less. I could write a whole blog article on living a fearless existence, now there's an idea!

Are you suggesting anything?

Top 10 Tips for Ending Fear Of Failure/Fear of Success Paradigm

1. Check out how funny these contrasting statements are and commit to a future where you will no longer operate from this resonance.
2. When you frame the statement, ' I am fearful of Failure/Success', distinguish in that moment where the projection is coming from, past or future? Once distinguished get present to the costs in that moment of being a self-fulfilling prophecy of self-sabotage.
3. Worst case scenario: If you are so attached to the habit of experiencing these fears, go there, future pace your life, 5, years, 10 years, 20 years from now continuing to make these statements, what impact do you think these negative affirmations will have on your future?
4. Create a powerful affirmation to counteract these negative affirmations. Now I am not one for affirmations unless they are used repeatedly for the purposes of retraining/reprogramming old thought patterns. So unless you are willing to be disciplined in this regard, forget it.
5. You are the adult, note that whenever you frame in your language "I am fearful of failure or successes, in that moment you are operating from the wounded child - see a healer and work on your childhood conditioning.
6. Procrastination is often bred from a fear of failure. Imagine your life where you end procrastination in your life for good, get present to that! Fear of anything usually is used as unconscious and in some cases conscious mechanism to keep you disempowered. Perfect strategy from the default!
7. When you do not accomplish something, some people may view this as being a failure. Personally speaking, why do we default to the negative connotation? Why do we not automatically default to the more empowered

connotation of being courageous enough to have given it a go where others have feared to tread?

8. Turn within when you are fearful, ask what love would do in this moment and chose love over fear, not a new concept but an often forgotten one.

9. Embrace having compassion for yourself in those moments where fear of any description is present. Hold the hand of your inner child, ACTION is the only thing that will shift any perception of fear, regardless the type of fear present.

10. Realize that you stand to be the creator of your own destiny if you think you can you can and if you think you can't you can't - transformation is very simplistic, don't complicate it .

It is time now to do yourself a favor and observe in future moments when you catch yourself stating you are fearful of failure or success. Get a sense of humor and take your power back, there is no reality to these statements unless you are choosing to feed them from your disconnected state! Nevertheless, do you understand the human nature?

15. Celebrate Your Victories

Confidence is said to be the state or condition of being very certain—certain and sure about your qualities, your abilities, and your judgment. Someone who is uncertain won't be able to move others.

Self-confidence is a profound state of self-awareness, and it is not shallow and deceptive. It is what makes you bold, sure, and confident without the coverings of modern-day clothing to cover up who you are.

It is fair to say we all lack a measure of self-confidence at some point or some time, but we need to reach the point where we are all truly confident without anything covering for us. If you are confident in your workplace and are still too shy to be at a social gathering, to mix and meet with others, then you are not totally confident—you still lack a measure of confidence.

Cultivating your self-confidence is not something you can bargain for or view as optional. It is a mandatory state you need to reach.

It's not only successful people that need to enjoy the benefits of self-confidence, and not only top-executives and entrepreneurs need to be self-confident. We all need to develop self-confidence, as it houses a lot of benefits. Let's take a look at some of the benefits of self-confidence.

Self-Confidence Lets You Live Your Life for Yourself.

The perception of other people and how they define you is dependent on your self-confidence. If you show others that you don't even believe in yourself fully, then you can't expect them to blindly and unconditionally believe in you. To achieve your personal goals, live the way you wish to, and enjoy the kind of life you want, then you have to be totally confident in who you are instead of being nervous and self-conscious. To achieve these things, you should always try and engage in the things that interest you and make you happy, regardless of what others think. Moving ahead with your self-confidence allows you to live freely, the way you want to live.

Self-confidence Improves Your Decision-Making Process and Helps You Make the Right Decisions

Self-confident people choose themselves. People usually love to please others because they lack the self-confidence to make a decision and stand by it. Hence, they make decisions that don't conform to who they are and that causes them to make the wrong decisions.

When you make the right calls that are in line with your deepest desires and that conform to your core values, then you will certainly achieve your goals faster, as you will choose for yourself, make the right decision, and stand by it.

Self-confidence Makes You Attractive

Have you dreamt of a particular kind of life you want to live? Have you dreamt of becoming a person of affluence? Then you need to meet the right kind of people and be able to attract them into your life. But first, you need to be equally attractive—and self-confident people are attractive.

Say for instance you want to ask someone for directions in order to locate a place, and you see two people standing nearby. Which of them will you be attracted to and approach? The one who has a bright smile on their face, or the one who looks gloomy and has their head facing towards the ground? Let me answer that for you. You will be attracted to the one with a smile that looks self-confident.

Self-confidence in itself is attractive to others and makes you approachable and friendly.

According to widespread wisdom, self-confidence is extremely alluring to possible partners. This theory was confirmed by investigations carried out to determine the preferences of women and men pertaining to different types of relationships and the levels of interest. Based on this study, the top-list preference among the men and women involved was confidence, among other qualities. They acknowledged that they found it to be a very attractive attribute in their prospective partners (Buunk, Dijkstra, Fetchenhauer, & Kenrick, 2002).

Although several studies have been carried out in order to determine what attracts one person to another, and while there has been more than one opinion about the subject, there is no doubt that we all will go after what we feel an attraction towards, and people who possess a magnetic personality are usually the most attractive kinds. Self-confidence is a unique attractive force that is different from beauty. It reveals that you have truly and fully accept who you are, and that includes all levels of your personality, and it spurs others to do the same.

Self-confidence is a Quality of Leaders

The idea of leadership is to have someone who truly believes in their ability to take the lead, because no one will be willing to trust and follow someone who doesn't even believe in their own abilities or in themselves. Leaders are people who are truly self-confident. They are confident in what they are doing and confident in their ability to make decisions. Therefore, people can trust them, trust their abilities, and feel secure, as well as be certain that they are being led in the right direction.

Self-confident People Typically Succeed

Having confidence might seem like a regular thing, however, it could greatly impact your life as a whole. It could influence that date you have been hoping for to happen, or it could prompt you to get that promotion you have been working towards. Self-confidence can influence your home life, work life, and even your social life. People who have high self-confidence generally succeed at things they do and they are usually confident in their abilities when completing a task, which also leads to better performance.

People who exhibit high self-confidence also easily bounce back from a setback or when they fail at a task. They quickly put it behind and try again. They have better reactions and deal easily with rejection, and they will pick themselves up and get right back on track after dusting off the effects of any setback.

Self-confident People Stress Less

When you don't have to be pensive about the things you have done and whether or not they are right or they are wrong, it means you have fewer things to worry about, which translates to fewer things to stress you out.

Higher Performance Rate

Whether public speakers, athletes, actors, entrepreneurs, or chief executives – they all know the significance of being self-confident. Imagine an athlete without self-confidence going to compete. There would be no suspense about the outcome of the competition. A lack of self-confidence can stop you from achieving much and hold you back from reaching the desired peak of your performance. Meanwhile, high self-confidence can drive you to reach your peak, overcome the hurdles you come across on your way, and help you use your abilities to achieve success.

Happiness

A recent survey revealed that people who are very self-confident are typically happier, more pleased, and more contented with their lives than the people with low self-confidence. Being confident in yourself can help you face the world around you with determination and healthy energy, which will, in turn, bring about better performance, better relationships, and you will feel more connected to your environment and people around you.

People with high self-confidence are infectious. They attract and easily influence the people around them, they have better control of their emotions, and they behave responsibly towards others. They always feel good about themselves with the knowledge that they positively influence the world, which gives meaning to their lives and makes them happy.

Self-confident People are at Ease in Social Settings

Highly self-confident people are usually more relaxed and at ease when they're in any social setting, during interactions, and when they meet new people. This is because self-confident people have an unshakable belief in themselves which comes from within and is not dependent on the acknowledgment and judgment of other people. They are confident in their abilities and move with their convictions without the fear of facing rejection. Highly self-confident people are not afraid of challenges. Rather, they find them comforting because they are an opportunity to express themselves and learn. They are very excited and keen about the future, and they express that excitement through how they relate with others, how they walk or carry themselves, and even how they converse. They radiate positive energy when they are at a social gathering, and it tends to be attractive to people. It's easy to relax around self-confident people.

Better Health

Staying healthy usually requires eating healthy, which means eating your veggies, engaging in regular exercise, and reducing stress, staying happy and more. It shouldn't be surprising that self-confident people are less prone to stress and are generally happy people. This, in turn, keeps their mental and physical health in good condition.

Recent studies have revealed that self-confident people are largely healthier, with the tendency to live a longer life. The reason for this is that confidence is one of the positive emotions such as joy, optimism, hope, and gratitude. It is no secret that positive emotions benefit our health in several ways. They are essential for our mind, spirit, and body.

Self-confident people are optimistic with a firm belief in their personal worth. Optimism can shield the mind against depression and help lessen emotional stress. Self-confident people in general are more self-satisfied and have a healthier mind than people who are pessimistic .

The relationship between confidence and health can also be linked to the influence of positive emotions, which can improve the power of the brain to help it retain things and increase awareness or concentration. When we are feeling optimistic, we are inclined to assimilate information better, build new skills, and have better relationships with other people. On the other hand, negative emotions such as anger, fear, pessimism, and self-doubt can be detrimental to our health. They can make you fall into depression, develop an anxiety disorder, as well as cause stress and an overall reduction of general body health and a long healthy life.

High self-confidence and positive self-esteem, according to the National Mental Health Information Center, are signs of good mental health. Developing self-esteem usually starts from childhood. Parents are able to help their kids build a confident personality and a strong character that makes them believe in their own abilities. Children with self-confidence are usually more lively and happy. They perform better in their education, in sports, and other social activities when compared to their peers with low self-confidence.

Self-confident People are Motivated

A 2012 report published in the journal *Motivation and Emotion* revealed that when you feel the success of the other person is well deserved, you will be driven by your jealousy to do better as a form of motivation. However, this motivation wears off. People who are self-confident are highly motivated, as they are filled with positive emotions and little doubt about themselves. They believe in their own abilities and they are not jealous of the success of the people around them.

Self-Esteem is Internal Self-Confidence

I don't want to confuse you, but if you're looking for a simple summation of self-esteem, it's this: it's internalized self-confidence. Basically, you look at your value as a person, and you believe that you have value. You can do it. You do have what it takes, you do belong, and so on and so forth. It's really just an internalization of your capacity, and the value that you choose for yourself.

However, it's important to note that self-esteem all goes back to inner valuation. It's all inner; it's internalized. You focus on your value, and you focus on what's your worth.

The External Components of Self-Confidence

If self-esteem is internalized self-confidence, then self-confidence is externalized self-esteem. Now, I don't want to confuse you here but since the base of your personality is what you choose to value yourself, meaning your self-esteem, then it follows that what you do as far as the world is concerned is an emanation or an outward working of what's going on inside. In other words, it begins with your self-esteem and what you choose to believe about yourself. It begins with your personal narrative regarding your place in the world, your value, your importance and what you're capable of. However, it progresses from there and works itself out.

What is the objective manifestation of this? What does the world see? Well, the world outside would pick up certain clues. It would pay attention to your body language. Do you carry yourself in a way that people feel that you are confident about your ability to get things done? Or at the very least, confident that you know what you're talking about? Does your body language reflect this?

People would also pay attention to your facial expressions. Do you have a tough time looking people in the eye? Do you always feel that you have to look sideways because you are embarrassed? Do you have a tough time giving certain expressions? These are also interpreted because confident people have certain facial expressions. They're not out to dominate other people; they're not out to hit people over the head with their confidence. Instead, their confidence is easy. It puts people at ease but at the same time, you can tell that this person is solid inside.

Furthermore, self-confidence is made manifest in how we handle situations. When something embarrassing happens, or can potentially lead to conflict, is it your instinct to immediately run away or say sorry? Does your instinct immediately take fault and just paper things over, and hope people would not see your screw-up? How you handle situations has an impact on how people would take you seriously.

If you're the type of person who is a take-charge type of person, people would sit up and pay attention, because there are few people like that. Most people are passive. How you handle situations is directly impacted by your level of self-confidence.

Even the words you choose are reflections of how confident you are. Confident people don't say, "I don't have any money. It's impossible." Instead, they use different phrasing. They say, "how can I do that? How can I raise the money?" In other words, they pose themselves a question that at least can have some sort of answer that would lead to their desired reality coming to pass.

Compare this with dismissive statements, saying, "I don't have the money. I'm broke. It's just not going to happen." Which type of person would you rather hang out with? I thought so.

Identification

It's time you took the big step. Identify yourself. But before you do, let's try to establish what is self-identification. It means how you perceive yourself, irrespective of what others have told you about your merit. To identify yourself is to calculate your self-worth. How important you are to yourself?

How do you look at yourself? With respect or disgust and mistrust? And how do you look at your position in the world? Do you think you are important in the larger scheme of things? Answering all these questions will help you create the image of who you want to become.

Listen To Your Inner Voice

Remember. Only you know who you are. So make the world see you that way. Do not be swayed by what others tell you. You have to believe that you are worthy. The world ought to respect you. You have been through a lot, and whenever things are going wrong it seems like they will never get better. You are at the worst juncture of your life. It's actually good that you are there, because it cannot become any worse now. It will only start to get better from here on. You have been through adversities before. Each time you did, you came out a stronger person. And you will once again. The only thing you need to do is identify!

Dear Diary ,

I think the book I am reading is a good one. Any time I feel that I cannot sleep, I take up the book and read a few pages, and in a few minutes I am fast asleep. See? No need for sleeping pills!

Joking aside, I did read the book a little after breakfast this morning. It spoke of how to identify who I am and how I see myself.

It reminded me of the days when I was dating Danny. He would show up on my doorstep with a bunch of flowers and a plan for a grand evening. My doorstep in those days was the foyer of the NYU residence hall in Brooklyn. I was doing my Master's in Visual Culture and Costume Studies--the most fashionable course on campus! You had to be really good to get in. I had the coolest course, the best grades, and the coolest boyfriend. I remember how confident I was and how great my life really seemed to be. The girls would all swoon at my stories when Danny would drop me back after our evenings out. If someone had told me then that in the future, I was to be a helpless victim with no self-worth, I would have laughed at them.

He was generous with compliments, and told me constantly how good I looked, how nice I smelled, how bright I was, and how proud he was of me. He was already working at the timber factory and pursuing a degree in Urban Design and architecture at NYU SPS. One thing he knew well was how to turn on the charm, and so I was married to him before I knew

enough about him, who his folks were--even before I had graduated. Soon after the marriage, he came up with the story of his mother's illness and how she had to be admitted to an institution for special care. That institution, I came to know during his trial, was a highly specialized mental asylum. Since he had to pay his tuition out of the money he earned, I offered to pay for his mother's treatment. I took a job with Mr. Donald. We moved to the farmhouse, since that would save money for the both of us. As his final exams neared, things became so bleak that I took a sabbatical for a semester. But nothing could please Danny. He would tell me constantly how I was a failure and a bad wife, how I didn't support him when he needed it most, and how everything he was doing was for me, so that I would see the better days that I deserved.

The better days never came. Danny failed all his papers. After that, he never went back to school. He became broody and increasingly hostile. Nothing I did would ever please him. At first, the assaults were verbal. He would come home early without notice, wait for me, and accuse me of having an affair if I arrived late from work. I would actually be spending more time at work, so that I could make more money. He would shout, curse, and call me names. Then, bit by bit, the abuse became physical. I wonder now why I never saw where it was all headed. I, of course, never went back to college, and my misadventure with Danny continued till the day I finally called the police and turned him in.

For three years he kept telling me how worthless I was, how I was pulling him down, and how I was the cause of all his misfortunes. And I believed him! I even kept trying to improve myself according to his standards. I kept thinking that if I did everything right, he would love me, care for me, and everything would be like before. But I never actually realized that the man I was living with was not the man I had married.

During this time, I was completely cut off from my father. When he suddenly got a call from 911 that night, he was not only shocked, but was also disappointed in me. He was hurt that I had kept telling him everything was fine, while I suffered quietly. Actually, I think he has not yet forgiven me for this. I called him again last night. I called late so that I would get him and not have to go through another awkward chat with Eva. But she picked up anyways and thanked me; my father had been coming home on time, taking her out often ever since our last talk. Again, she invited me for

Christmas, and because I knew her feelings were genuine, I refused outright. I didn't want the invite to linger unnecessarily.

When father came to the phone, I told him about the bills and the carpenter's payment. He said he would wire me the carpenter's payment, but the bills I must sort out for myself.

"It's your house for now; you are staying there, so pay the bills. And if you don't have the money or if there is any other issue, I am sure you will find a way. After all, you have, in the past, and so shall you again."

I wanted to ask if he was being sarcastic and bawl and tell him that I was broke, but pride kept me from doing so. Oh dear diary what am I going to do ?

Investigate Your Source of Low Self – Esteem

Before you pull yourself up from this abyss of low self-worth, you need to find the cause of your sentiments. What reduced you to this condition? Was it truly something you did? The answer to this could be yes. It's not always another person's fault: sometimes it is us. If so, accept it and move on. We all make mistakes. If we didn't, 80% of this city's service providers like divorce lawyers, psychiatrists, and counselors would be out of jobs. Making mistakes make us normal. So don't dwell on the past. Look forward to how you can mend the mistake.

However, what if it is something beyond your control? If so, let it go because you have no control over it. This may take more time for we forgive ourselves more easily than we forgive others. But remember, other people's blunders are like a storm or a stock market crash. You could not have prevented it, but you can most certainly step over it and rise above it. When things are out of control, we have no choice as to what happens, but we can certainly choose how to respond. That choice ultimately decides your self-worth .

Between the fear, the anger, and the feeling of helplessness, take a minute to think. Is there something that you can do to better yourself? Then do it.

Dear Diary

That's it. I have thrown the book into the dustbin and have taken the garbage out after dinner. I have rid myself of that nonsense. I kept telling you I was not following the book, but I think I lost my grip somewhere

along the way and actually followed some of the steps the book outlined. It said, if there is something you could do, then do it. So after breakfast, I took a shower, put on some make up, donned a white, calf length, corduroy skirt and a buttercup yellow shirt and went straight to the jewelry shop, Donald Fineries. Mr. Donald was not in but Rosa was happy to see me. Then Ben Donald came in from the workshop at the back (everyone calls him 'prince'). He is Mr. Donald's nephew and everyone knows he will be the boss when Old Mr. Donald dies. Ben has a history of being a male chauvinistic pig. A womanizer. He pursues women, makes them fall in love with him, then he treats them like trash. Kicks them to the curb like a piece of garbage. I don't like him one bit. Of course, when I walk in the door, he comes up to me and says, "How nice of you to pay us a visit Bella! Or are you here to buy something?"

"The name is Bella. And I work here Ben."

"No, you don't. We cannot take the risk of having a mentally unstable person around our clients."

"Ben! Mr. Donald is not going to like it when he hears this," put in a shocked Rosa.

"Mr. Donald is perhaps never going to hear about this, Rosa. And you better tidy up your loyalties."

"I am not mentally unstable," I said quietly.

"But didn't you live with that whacko for years? Bella, I can consider your case for old time's sakes, if and only if you show me medical proof of you having received therapy."

I was boiling with rage. "You don't need to consider me, Ben. I am done being considered by worthless jerks!" I spat at him. This was when I saw his hand coming down towards me. It looked like he was going to hit me. So without even thinking, I picked up the only thing handy I had on me--my father's umbrella that I had picked up in the last moment before leaving home, in case it rained. I ducked, raised the umbrella, and brought it down hard on the side of his face. I can't believe I hit him. I saw Danny in there for a minute and that put all the more manic strength into my blow. He fell to ground whimpering and cursing, threatening to call the police. But ten hours after the incident, I have still not been arrested, so I think he decided not to carry out his threat after all.

Don't cry for me yet. The worst was yet to happen. I came home. I was fuming. I pulled out a bottle of cold water from the fridge and drank deeply. This was when the bell rang. I was expecting the police so was completely flustered when I opened the door. There stood Mark, my father's carpenter. He saw, immediately, that I was in shock and came forward.

"What happened?" he asked shaking me by the shoulders. "Come here sit down," he said as he touched my lower back to guide me to the living room. Once again, I saw Danny. Then I saw red. This time it was the water bottle that I was going to smash into Mark's face. But I controlled myself. With all the venom that I could put into these words, I screamed at him, "All men are pigs!" I once got knocked about by one, but not again. No man is going to tell me what to do.

"What they say is right. You really are something..." saying that he turned and went right into the study and kept working there till dusk. It would have been better if he turned back and gone away. But he stayed and my guilt kept bothering me all day. I could not forget and forgive as easily as the book said.

I don't know why I am lashing out at people like this. Have I lost it completely? Once again, I realize how badly Danny had damaged my sense of assurance. I see him everywhere. And though Ben got what he deserved, I was definitely unfair to Mark. Plus, the book is putting strange ideas of self-assertion in my mind. This was when I realized that the book was partly responsible for all that had been happening, and I threw it away.

Evaluate Your Self-Esteem

Yes, you heard right. Evaluate your self-esteem. Measure it. Well, you cannot do it on the bathroom scale or on the kitchen scale. The question you're asking yourself is, "what scale do I use?" Well, you are the scale. This will take some time. You will have to reflect and determine. On a scale of one to ten, where would you place yourself? How would you rate your self-esteem? If it is lower than you want, where would you want it to be?

Think of two people: one bad person and one good person. Ask yourself, who do you resemble most? Who do you want to be like? Do you like the answer you get? If the answer is not satisfactory, then you need to think about what exactly you need to do in order to achieve the image you want

to be like? Make a to-do list and follow it through till you resemble what you want to be. Keep doing it, till you have achieved your ideal self-image.

Dear Diary,

As soon as I said goodbye to you last night, I got a call from Lenox Hill Hospital. It was Mr. Donald. He apologized for his nephew's behavior. It was so embarrassing. I have always liked the old man. He is very strong, kind, and dependable in a conservative way. I imagined him with all the tubes and masks, lying in the hospital bed. In that moment, I would have kissed Danny's feet if he had asked me to. But instead, he implored me to come back to the shop. He said he knew, unlike his worthless nephew, that I had gone there today to get back to work.

He said that as soon as I entered the shop tomorrow, the appropriate apologies would be made to me, and from then on I could resume my duties. I would report only to him. Ben would be nowhere near my domain of work. I agreed and hung up. The entire world was not spoiled due to a handful of jerks like Danny and Ben. And thankfully enough, there were still people like Mr. Donald to bring the world back to equilibrium.

So I went in to work today and as soon as I did, a very distraught Ben with a bandage over his ear came up to me and apologized with a grudging sullenness. But his attitude was screaming I will get even with you, bitch. However, I was no more affected by what he thought of me. Who was he to determine my worth? I knew what I was capable of. I knew I was good. And in that moment. I realized a tad reluctantly that the book had indeed helped me to make a small journey towards building my self-esteem. And so on my way back home from work, I bought another copy at the corner bookstore.

When I reached home, Mark was still working. He was coming out of the kitchen with a bottle of water when I came in. He saw me, turned away and went into the study to work. I went in after him and explained what had happened the day before. He said he knew about Danny and me. My dad had indeed asked him to keep tabs on me while he was here. We made a deal. He agreed to tell my dad that I had fired him, and I agreed to buy him dinner.

Additional Strategies for Developing Self-Confidence

Have you ever looked at someone and thought, “Wow, they are confident? They seem to have life so easy.”? People who are confident stand tall, speak clearly, and are not intimidated by their interactions with other people. They are prepared to take steps to get things done, even if there is a chance of failure. Even though it may seem these confident people have been that way all their lives, they too have had to build their own confidence. They had to believe in themselves to learn new skills and expand on their current skills. Some people are confident from childhood, but many others have to consciously build themselves up. Here are some strategies you can use to boost self-confidence.

#1: Rely on Your Own Courage

It is not uncommon for people who lack self-confidence to credit fear or an unknowingness of the future for their lack of action. They believe they are not confident enough to do something not because they don't have the skills, but because they are unsure if the skills they have will produce the desired result. They may be afraid of failure or making mistakes.

If you want to excel in life, you cannot wait until you are not afraid. Fear and confidence can exist at the same time, especially if you are trying something new. Instead of waiting until you are sure of the outcome, get in the habit of taking risks. Missed opportunities happen because the people who are willing to take risks react faster than those who spend time being sure they are ready. Have the courage to jump at opportunities and know that even if you do fail, you have the confidence to fall back successfully on your other endeavors.

#2: Create Stepping Stone s

How detailed do you get when setting goals? The best way to be sure you reach them is to break the goal down into small, manageable tasks that you can use to build your self-confidence. Instead of trying to stand in front of a crowd and sing karaoke when you are trying to overcome your stage fright, start by putting together a small presentation for 2-3 friends. From there, you might try to give a presentation to a larger group and then work your way up to karaoke.

Each time that you complete one of your smaller goals, you are sending a clear message to yourself—“I can do it.” For each goal that you complete,

you'll find your confidence growing more. The steps you are comfortable taking will bring you farther from your original comfort zone, helping you move outside of those boundaries and accomplish more.

#3: Look the Part

If you think back to that confident person you know in your life, something you will notice is that they care about their appearance. They groom themselves well and dress nicely when in social situations. In addition to their physical appearance, they look the part by standing tall and speaking clearly.

Even something as simple as correcting your posture can improve your confidence. When you sit, stand, or walk, do so with your spine elongated. Keep your eyes pointed forward, rather than glancing at the wall or staring down at the floor. Your shoulders should be back and positioned over your hips. Not only will you feel differently when you mimic this confidence, but it also makes people notice your confidence. Even if it is faked, being believable causes people to treat you as if you are someone who has confidence and who is deserving of respect. In this way, you can create the reality of confidence in your world.

#4: Get to Know Yourself

Generals going into battle are most successful when they know their enemy. Try to separate yourself from the perspective of low self-confidence. Analyze the characteristics you have and consider the characteristics that you want to have. Write down your thoughts and think about things critically when you think about yourself in a negative way. Analyze your limitations and decide if they are real limitations or barricades that you have put up to stop your own success.

As you analyze your personality, you may find that some of the things you thought were true are really tricks of your mind. For example, someone who lacks self-confidence may tell themselves they cannot get a promotion at work because they will stutter or mess up when speaking with important clients or giving presentations on their ideas. However, this is not reality. By practicing that speech or doing a mock meeting with a client, they might be able to build their confidence. Additionally, this practice can help them slow down and clarify their ideas. They may not stutter normally, but

because they are nervous. The stutter, therefore, is a trick of the mind. Instead of paying it attention, it is better to prepare.

#5: Build Confidence with Positive Visualization

Research shows that the mind has difficulty distinguishing between vivid imagery and real life. One study carried out by exercise psychologist Guang Yue of Cleveland Clinic evaluated the differences between mental workouts and physical workouts. One group of participants went to the gym for weight training, while another group was required to carry out their 'weight training' in their head. Following the regimen, each participant had their muscle gain evaluated. The group who had physically gone to the gym saw an increase of 30% in their muscle mass, while the other group saw 13.5% gains. These gains were constant for three months after the mental training. This test has been repeated other times, with similar results. It is clear that there is a connection between visualizing an activity and tricking the mind to believing that it has happened.

To harness this ability to build your confidence, all you have to do is visualize those scenarios that you are worried about. The key to positive visualization is vivid imagery. You must experience the scenario as if you are really living through it. Begin by going to a quiet area where you can close your eyes and focus without any distractions. Breathe deeply a few times, clearing your mind and providing it with a canvas to visualize your goals. Here's a look at how you might use this when speaking on stage.

Your boss is on stage speaking at a podium. You feel the hot lights from the stage on you from your place on the left of the stage, but you remain calm and confident. You take a deep breath and inhale the smell of your cologne/perfume, which is familiar and comforting. You hear your name and applause, so you push aside the soft, velvety curtain. Feel your spine sitting erect as you walk confidently across the stage. You put your hand forward and firmly shake your boss' hand as he squeezes your shoulder and returns to a chair on the side of the stage. Then, you give your speech flawlessly. Imagine yourself giving it from beginning to end, using clear words and communicating your emotions. When you are done, the crowd erupts in applause and you give a smile and a nod as you wave. You feel confident and joyous that you have done a good job.

By using the visualization, your mind is tricked into thinking that it has done the activity before. As you continue to practice, you are training your brain. You are giving it guidance as to what to expect and effectively controlling the response you will have when in the scenario. With enough practice, giving the speech would become effortless.

#6: Be Prepared

How confident would you be in running a race if you showed up in heavy combat boots and a parka? These bulky items are ill-adapted for running a race and if the other person is in appropriate attire, they are much more likely to be successful. A critical misstep that people make is failing to be prepared for a situation. When you are prepared, both physically and mentally, it gives you the confidence of knowing that at minimum, you have the tools for the job.

While being prepared is important, do not use your lack of preparedness as an excuse not to step outside of your comfort zone. If you are not prepared—get prepared. Once you take an active role in your life and moving toward the things you want, you'll realize that the only thing standing between you and your goals is yourself.

#7: Speak Slower

It is not uncommon for people who are lacking the confidence to speak quickly. Even when they have something important to say, they may not feel they are worth someone else's time. They may believe the other person will lose interest or walk away. Get in the habit of speaking more slowly. Not only does it portray your confidence, but it also gives you a chance to slow down and process the thoughts in your head. You gain the opportunity to present your message in a clearer way. Keep in mind, however, that it is possible to speak too slowly. Don't rush yourself, but take the time to be sure you are annunciating your words and giving others the opportunity to understand you.

#8: Increase Your Repertoire

People who lack confidence in something may not have the skills to reach their goals. Keep in mind, however, that life is a journey. If you do not have the skills to do something, learn new skills. The average human life span is 70+ years. While life is short, you will not truly get to enjoy yourself until you have reached your goals. Spend time learning what you need to, so you

can make that happen. In addition to increasing your skill set, learning new things as an adult keeps your brain sharp and active. This is important for preventing memory loss and keeping neural connections strong.

#9: Make Change a Habit (One Step at a Time)

Increasing your confidence is going to change your life. Many of the strategies discussed in this book require you to set aside time each day. If you look at them as a whole, it can be intimidating. You may find yourself unsure of where to start. Additionally, if you attempt to use too many strategies at once, things can become complicated.

Make change a regular habit in your life. Pick one of the strategies discussed and start doing it daily. You might start with journaling or meditation. Make it a habit to wake up just ten minutes earlier and do one of those things each day. As that becomes a regular habit, it will become a lot easier. Then, you are ready to add another strategy into the mix. Humans are creatures of habit. It is best to make habits work with you to create positive change instead of allowing bad habits to overrule your life.

#10: Be Solution-Oriented

It is easy to fixate on problems in our lives. For example, someone who is struggling with their bills might constantly complain about the used car that they drive and all the problems it has. They may constantly struggle with the anxiety that comes with worrying about if it will break down. However, this complaining does little to promote a positive mood and better self-confidence.

By fixating on the state of the car, the person does not have to deal with their real problems. The car is not the problem—it is their inability to fix it. As they do not make enough money to buy a new car or make repairs, it is easy to blame the car as being the problem. The reality is that their bills are too high or their paychecks are too low. Instead of complaining about the car, they might think about how they could pick up a second job or finance a new car. They also might decide which parts of their bills and lifestyle are unnecessary, so they can start saving money for a new car or make repairs on the one they have.

By being solution-oriented, you take back control in your life. Problems are not so intimidating. Additionally, as you continue to solve problems, it

increases your confidence in your ability to make decisions and think rationally about your life.

Conclusion – Part I- Self Confidence

As the great psychoanalyst Carl Jung noted, the search for the meaning of life is a defining feature of humanity. Even if life is hard, meaning will help ease the pain. But if the meaning of life depends on the artificial construction of the image of ourselves, which should help it easier to bear our own failures, we doom ourselves to them. As we now know, it is low confidence that leads to success.

What would a less confident world look like?

People would be better prepared for every day; there would be less debate and less error. Politicians and military leaders would not be in a hurry to send us to war, general directors would be more humane, and drivers more careful. Many global disasters of recent decades would not have happened, the cause of which was overconfidence. The world would become much more competent.

According to Alfred Adler, "to be human is to have a sense of inferiority." However, increasing competence reduces the inherent sense of inferiority, at least for a while. In fact, a sense of inferiority motivates our pursuit of achievement. The more weaknesses you notice in yourself, the stronger the motivation for improvement will be and the harder you will have to work. Low confidence is the result of failure, but the source of success.

Part II

Self-Esteem

Introduction- Part II – Self Esteem

What is an introvert? What are introverts like? Are they all shy, quiet and socially traumatized? Some people do wonder if they are introverts, but don't quite know how to find the answer to this question.

What is an Introvert

An overall definition maintains that being an introvert is a personality trait. One of the main personality traits, in fact, as it is acknowledged in many theories of personality. People who are introverted usually turn inward and are more focused on their internal thoughts, moods, and feelings. They don't look for external stimulation.

Both introverts and extroverts are looked upon as extremes – two personality traits that are radically opposite. However, most people are somewhere in the middle and have a bit of each personality trait within their psychological makeup.

While introverts are estimated to make up 25 to 40 percent of the population, it's not uncommon for people to have misconceptions about introverts. In order to be very clear about what an introvert is, make sure not to confuse this personality trait with social anxiety or shyness. Introverts are not socially traumatized, but they do tend not to enjoy being around too many people in one place.

So, if you're an introvert, or believe that you may have tendencies which are typical of an introvert, you will identify with the description provided above.

Why Extroverts and Introverts Are the Way They Are – Causes

It's important to have an understanding of the role your body's physiology has and how this determines whether someone is an introvert or an extrovert. The way your body reacts to the outer environment plays a crucial role in your deciding what your level of introversion and extroversion is.

The physiological level - A network of neurons located in the brainstem, also known as the reticular activating system (RAS). This system regulates arousal levels, which include transitioning between sleeping and awakening as well as wakefulness.

The RAS also controls how much data you take in while you're awake. When there's a potential threat in the surroundings, the RAS increases your arousal levels so you can become alert and prepared to deal with the incoming threat.

Introverts are those that have a high arousal level, which is why they look for activities and surroundings to where they can escape from being overstimulated. In addition, they are more alert and take in more information from the surrounding environment.

Introverts escape to a place where they can be alone in order to re-energize and take the time to reflect and process what they've learned.

What are the Common Characteristics of an Introvert?

Introverts lean towards being reserved, quiet and introspective. In social situations, they need to disburse their energy. If they attend a party or are surrounded by a large group of people, introverts feel the need to recharge their 'energy battery', which they achieve by spending some time alone afterwards.

Most people believe that they can tell who is an introvert. The most common misconception is that all introverts are wallflowers, extremely shy stay-at-homes who dare not to socialize.

This couldn't be farther from the truth, though. Although there is a significant number of introverts who would skip a big party in order to stay home instead, reading a good book, watching a favorite movie or listening to music that moves them, there are also introverts who do enjoy having a social life and thus socialize quite frequently.

Some of the most common characteristics of an introvert:

Your energy is drained by crowds – One of the most telltale characteristics of an introvert is their need to disburse energy when they are in social situations. Each day that they interact with people results in the pressing need to find personal "space" where one can withdraw and have some quiet time for themselves. (Cherry, 2019)

By comparison, extroverts become energized by interacting and socializing with others. However, you should not fall into the trap of believing that all introverts react negatively to social interaction and public events. There are also introverts who really enjoy sharing their time with others. The hitch?

The people whose company introverts actually enjoy are close friends who they can spend quality time with.

Extroverts like to attend parties and events with the precise goal of meeting new people, while introverts are most comfortable with those who are known to them.

It's solitude that you enjoy – Your idea of a smashing good time is being by yourself, spending a quiet afternoon or evening passing the time with your interests or your hobbies.

You become energized by spending a few hours alone, reading your favorite magazine or a good book, watching a movie, or taking a quiet walk in a neighborhood park. There's nothing like the sound of birds singing over people talking.

This doesn't mean all introverts dislike socialization– many do enjoy it, in fact. The only difference is that they need some alone time to re-energize afterwards.

A small group of friends – Probably one of the biggest misconceptions about introverts is the fallacy that they dislike people. Although introverts don't socialize regularly, they do have a small cluster of friends to whom they are especially close. These are usually long-lasting, established friendships.

Extroverts usually have a large circle of friends and acquaintances, while introverts have been found to select their friends with more care; as such, their relationships are significant and most profound. One-on-one interactions are preferred to the detriment of engaging with large groups of people. (Cherry, 2019)

You may be difficult for people to get to know – Introverts are reserved, quiet, observers, and thus incorrectly taken for being shy. There are, of course, introverts who act in a shy way, but thinking that this is a defining personality trait is definitely a misconception.

Introverts are careful about the words they choose to communicate and are not likely to waste their energy or time on idle chatter.

You're distracted by too much stimulation – While extroverts thrive on environments and activities that are hectic and perhaps a bit chaotic, introverts tend to feel overwhelmed and unfocused in this type of setting.

Researchers have discovered that introverts are more likely to be easily distracted than extroverts, which is part of the reason why they have a preference for less agitated surroundings.

You're self-aware – An introvert's inward-turning ways have him or her spending a substantial amount of time in self-examination, contemplating internal and personal experiences. Introverts particularly enjoy thinking and examining things in their own minds. (Cherry, 2019)

Being self-aware and having a good understanding of themselves is important to introverts. They dedicate a vast amount of time to learning about themselves. The time spent this way may have the introvert contemplating their lives, exploring their hobbies, or reading books on topics that represent an interest for them.

You watch and learn – Introverts are observant and have a preference for learning by watching. Introverts will watch a task being performed by others until they feel they can copy and duplicate the action themselves. Their preference is to practice privately, where they can build their abilities and hone their skills without being watched while they perform .

You like to work independently – Introverts like to work independently, and their career choices usually reflect that personality trait. An introvert may work as a writer, graphic designer, artist, accountant, landscape designer or editor.

So, if you identify with most of these points defining an introverted personality, then you already know that you are an introvert yourself. If you're reading these points and can identify with a good portion of them, you probably lean towards being an introvert, but you haven't realized it until now.

Being Introverted vs. Being Shy

Realize that there is a significant difference between someone who is introverted versus someone who is shy. Being introverted does not always equate to being shy.

Fear of people or social situations is the definition of shyness. Most introverts don't like spending a great amount of time engaging with other people, but they do enjoy the company of those who they have close

relationships with. They may even enjoy socializing in a large crowd, but this is not often the case .

Small talk is not really an introvert's cup of tea, but they do like having meaningful conversations that are deep and introspective. They usually think before they speak and will give their opinion or explanation when they have an understanding of the concept discussed. (Cherry, 2019)

Yet, the biggest challenge introverts are confronted with is being mistaken for shy. Another significant issue they struggle with is low self-esteem.

16. Introvert Personality Types

Introversion has always been seen as somewhat inferior to its more outgoing counterpart. We associate extroversion with successful people who are good in making deals, who enjoy the attention of people and who are confident with themselves. Introversion, on the other hand, is considered as a quality of people who never go out or who never achieve social success.

This stigma of being inferior makes introverts dislike their introvert qualities. Some try to go out more and be outgoing, acting like extroverts. As a result, some introverts end up in uncomfortable situations. Because they are not naturally skilled in interacting with the crowd, the uneasy experiences may lead them to withdraw from future social events.

The Proud Introvert

It is not common knowledge that a lot of successful people are introverts. Most people who have been in constant contact with President Barack Obama, for instance, consider him as an introvert. Yahoo CEO, Marissa Mayer, has said countless times in interviews that she is naturally shy. Mark Zuckerberg is another example of a person who has succeeded as an introvert. The person who created the ultimate online tool for socialization is not a charismatic person. The chief operations officer of his own company says that he is not a warm person to those he does not know.

These are only some of the people who have proven to the world that introversion can be a force in the world of business and politics. Successful introverts are everywhere so avoid thinking of your introvert qualities as the factors that will bring you down or prevent you from becoming successful. Instead, you need to be proud of these qualities because they are important parts of your personality.

To become proud of your introvert ways, you need to think about the difference between introversion and lack of self-confidence. Introverts may naturally keep their thoughts to themselves but they can be confident in what they do. Introversion mainly refers to the preference of being alone rather than surrounding one's self with people. Even in a social event, introverts may prefer to chat with one or two people and prefer to avoid the

attention of most. This is in contrast with extroverts who prefer to be the life of the party .

When given a task, however, introverts will not shy away from it if they see that it is their duty. They can be confident in their abilities if they are asked to do something that is within their skills.

People who lack self-confidence, on the other hand, show signs of fear or anxiety when put in the same situation. Even extraverts lack self-confidence at times. They may be outgoing and good at socializing when there is nothing at stake, but they may also show fear and anxiety when they are asked to do something important.

Take this time to think of your personal situation. Are you lacking in self-confidence?

Introversion is closely associated with lack of confidence because many introverts learn basic socialization skills later in life. If you are an introvert and have trouble socializing, avoid focusing too much on improving yourself by becoming an extravert. Your lack of social success is not because of your introversion. Rather, it is mainly because you still need to develop the proper mindset and skills to become emotionally and socially mature .

The goal of this book is not to remove your introversion and instantly turn you into an outgoing individual. Being an introvert has many advantages and you should not want to let go of this quality. If you lack self-confidence, then that is the quality that we need to change. You can be confident and be an introvert at the same time. You can thrive while still being an introvert.

Discover the Hidden Strengths of Introverts

Introversion comes in many types. All introverts have one thing in common, they like to prefer to step back and think when confronted with a problem. Extraverts deal with problems by using human resources to solve it. Some extraverts, for example, will ask questions from other people to gain information on how to deal with a problem. Others will use their charisma to gain support from other members of the group in solving the problem.

If possible, introverts will try to solve most problems on their own. They tend to interact with people when they have acknowledged that they require their help to solve the problem. Though introverts act in similar ways when confronted with the problem, they differ in the way they manage and interpret information .

Are you a Right-Brain Dominant or Left-Brain Dominant Introvert?

Just like most people, introverts can be either left-brain or right brain dominant. Left-brain dominant introverts excel in solving problems that require logic. When trying to solve a complicated problem, they prefer to consider each part of the problem to analyze it. They believe that they can find the best solution by dividing the problem into smaller tasks and dealing with each task one by one. Because the educational system is biased on people who excel in logic and reasoning, left-brain dominant introverts usually excel in school.

Most of them prefer to use academic figures to represent a problem. If they have excelled in math in the past, they are more likely to use numbers to deal with issues. They may use figure and statistics to explain something.

Right-brain dominant introverts, on the other hand, are more in touch with their emotions. These types of introverts do not excel as much in school as their left-brain dominant counterparts, but they also have their own strengths. When solving problems, right-brain dominant introverts may prefer to see the big picture before they act towards solving it. Unlike the left-brain dominant introverts, they do not take the problem apart. By seeing the bird's eye view of a problem, they use patterns to try to solve it. Their gift gives them unique ideas especially in a logic-dominated society.

They are also more emotionally sensitive. They tend to respond to problems with emotions. Because of the inclination in dealing with emotions, they are better equipped in empathizing with people when needed.

While their left-brain dominant counterparts prefer to use figures and numbers to make sense of data, right brain dominant people tend to think more in pictures. When the left-brain dominant introvert says 50%, the right brain dominant introvert may think of a pie chart divided into two with two different colors in each part.

Why is it Important to Know What Type of Introvert you are?

By learning about how you process information as an introvert, you will realize how you differ from the people around you. You may spend your time with other introverted people, but you may realize that they are not like you at all .

Learning the side of your brain that is dominant will also help you identify your strengths as an introvert.

Types of Introverts

At around the Second World War, mother and daughter psychology enthusiasts, Katherine Cook Briggs and Isabelle Briggs Myers, created the Myers-Briggs Personality type indicator. They built this model according to the studies of Carl Jung, one of the pioneers of the study on personality.

David Keirsey later released a model closely associated with the Myers-Briggs Personality type indicator. Both the Myers-Briggs Model and the Keirsey Temperament sorter divide all personalities into 16 types. Among the 16, only half is considered to have high levels of introversion. You should look at the following types of introverted personalities and check where your own personality fits. You may also take tests on the stated personality models to get a more accurate reading of what type of introvert you are.

The letters refer to the dichotomy used by the Myers-Briggs Personality Type Indicator. Each letter refers to a specific dichotomy in personalities. The letter “I”, for example, refers to Introversion. The letters are included for further research by the reader on these personality types.

Left-brain Introverts

The Architect (INTJ)

The architect is a strategic thinking introvert. He may have developed a logical mind growing up and excelled in logic-based activities. To them, their knowledge and cunning are their strength. They know of these strengths and they are highly confident of what they can do. They prefer to use reason when arguing rather than emotions.

Their lifelong introversion has led them to become independent and decisive when faced with a challenge. They have a strong urge to reach goals and they are driven when they have the right motivation. They gather

information using their intuition and they can guess patterns well if not all the information is presented to them.

The Logician (INTP)

The logicians are introverts who pride themselves as analytical thinkers. They have the unique ability to mix imagination and creativity with logic. They can be open-minded when another idea is presented to them. They can also show enthusiasm in the areas of knowledge that they are interested in. Their life choices may have led them to take jobs related to their curiosities. They tend to examine all the things that make them curious. Their pursuit to satisfy their curiosity sometimes makes them decide to break rules and guidelines.

In the social aspect, they can be honest and straightforward to people because they do not care much about hurting other's feelings with the truth. Their honesty, however, goes with their objective take on things. When they insist on their point, they may come off as insensitive and condescending. In the logicians mind, however, being right is more important than being nice.

If they are not required to, they will not socialize. They focus their time on activities that they are interested in. Because of their lack of social interactions all throughout their lives, they may have few friends.

The Inspector (ISTJ)

This type of personality aims to be successful in the things that they pursue. They use a combination of strong will and logic to get them out of problems. They use their knowledge to do everything by the book. Because of this quality, they try to focus on getting everything in order and keep them organized.

In the social setting, they can be honest and direct, which can lead others to think of them as insensitive. However, their calm and practical demeanor gives them the ability to get a group out of a sticky situation. They take responsibility of the tasks that they decide to do and sometimes, even blame themselves for mistakes that may have led to failure even if these mistakes are not their own doing.

The Hobbyist (ISTP)

The hobbyists are explorers by nature. Their introverted personality has led them to take on hobbies and projects. Over the years, their interests in these activities became a passion. Their left-brain dominant nature has led them to trust logic as their primary problem-solving tool. They also have the drive, optimism and the energy level to carry out what they set out to do.

They take pride in their creativity and they can come up with creative ideas and maintain a relaxed tone even in times of crisis. They may jump from one job to another exploring the types that offer a challenge.

In the social setting, they are friendly but private. Just like most introverts, they prefer to spend their free time alone. However, they understand that they need the cooperation of other people. A hobbyist with an obsession for cars, for example, may spend all his time tinkering with his car parts but he knows that there may come a time when he may trade parts or sell his cars. Hobbyists become social for this purpose.

Right-Brain Introverts

The Advocate (INFJ)

The advocates have a strong sense of idealism. They have the strong urge to help those who are in need. They may sometimes give too much in their pursuit to help others that they may neglect their own needs. This is shown in historical characters like Nelson Mandela and Mother Theresa.

The intuitive nature of the advocates makes them creative and insightful as adults. Their ability to empathize with others makes them convincing and inspiring. Their strong conviction towards their ideals makes them decisive and determined to achieve what they think is right. The combination of their introverted, empathetic nature and strong sense of justice makes them extremely altruistic.

The Mediator (INFP)

A lot of the great creators of our time are considered mediators. Some of the greatest examples are William Shakespeare and JRR Tolkien. They are great listeners but their introverted personality allows them to keep their thoughts to themselves. They are also extremely idealistic and put high value on qualities like honor, virtue and morality. They even see the good side of people who are beyond saving.

They are referred to as mediators because their extreme idealism makes them unafraid to put themselves in harm's way to mediate a quarrel between two parties. They are great when it comes to listening to both sides, often being able to understand emotions of the person they are listening to. Their goal is to pursue harmony in all parties and they use their intuitive nature, empathy and their "stop and think" attitude to mend social wounds.

The Defender (ISFJ)

The defenders are hard workers and humble. When working, they can be meticulous and may even be labelled as perfectionists. When they are given a task, their strong sense of justice makes them take the task seriously. People love them because of their consistency and their productivity.

They are more social compared to other introverts. They have a strong sense of empathy that makes them seem sensitive to others. They keep more friends than other types of introverts. Even though they are introverts, they attract friendship because they are naturally sensitive and supportive. They are referred to as defenders because they will work hard to protect the people they are close to.

The Adventurer (ISFP)

Many modern artists fit in the adventurer mold. They are not excited by the concept of living a normally planned life. They find ways to deviate for traditional expectations. They have an urge to express themselves through art or other creations.

However, unlike extrovert artists, they do not self-promote their work. They prefer to explore and create without the need to check in with society constantly. They leave their creations to be discovered by others in personal blogs or publications. They do not go out of their way to seek out recognition for these creations of self-expression.

Socially, others may see them as charming, passionate and mysterious. Their introverted personality makes them an enigma to extroverted observers. Most people who crave recognition for their work do not understand their urge to create and explore without the need for recognition.

These are some just some of the ways for the academic world to classify introverted behavior. Aside from the qualities described above, here are

other strengths that are common to introverts. You should check if you have them:

Many introverts have creative minds

The time spent alone by most introverts may have been used to learn new skills. Even the ones who just daydreamed in their alone time were able to develop their creativity.

Introverts are purpose driven

Introverts grew up on activities that they can do alone. Some read books while others played video games. Most of these activities gave them insights that socially active people don't have. One of these life insights is being purpose driven in everything they do. A kid who grew up playing video games, for instance, understands that there is always a goal for all games. Most introverts can easily translate this to real-life scenarios.

Introverts are not only purpose-driven in their actions but also in their conversations. Most introverts will speak only if they are interested in the topic. They tend to be knowledgeable on the topics they choose to speak on.

In transactional conversations, introverts tend to focus on the goal that they are trying to achieve. They tend to avoid prolonging conversations when the desired outcome has been reached.

Introverts tend to be independent

Introverts can feel loved and secured even when they are alone most of the time. They learn to be independent at an early age.

Introverts have fewer shallow relationships

Introverts try to avoid conversations when they can. The people that they tend to spend a lot of time with are those who understand their temperament and their preference to be alone.

Though introverts like being alone, they still need constant human contact to feel sane. However, instead of surrounding themselves with many people, they barely know, they keep only a few long-term friends. They spend time with the same groups of people who understand their inclination to be alone. Though they do not have a lot of friends, they value the few friends that they have a lot. They prefer long-term friendships rather than short acquaintances with a lot of people.

Society is slowly becoming aware of the value of introverts. As time passes, there will be more books that will be published that will shed light on how introverts can enjoy a full life by being themselves. You should read these books and continue to learn about the nature of your personality. You may learn more extrovert skills in the future but you can never (and should never want to) change your nature as an introvert.

17. What Is Self Esteem

Did you know that value, respect, and regard for self can easily describe self-esteem? These words make it easier to understand the term self-esteem and to understand it positively. Self-esteem is like medicine; an under-dose is as harmful as an overdose; it is at its best when it is somewhere in the middle. Too little of it can cause depression or feelings of defeat, while too much of it puts off other people and can cause harm to a personal relationship. People also make bad choices because of low self-esteem. What exactly is this self-esteem? Where do we get it from, and how can we train ourselves to strike a balance in the middle?

Self-Esteem?

Self-esteem is a word that explains one's value or worth. It can be seen as how much you like and appreciate yourself. Self-esteem is enduring and stable; it reflects on a person's personality. It constitutes of personal beliefs and emotional states. Personal beliefs are like, "I am stupid" or "I am blessed," while emotional states are states like happiness, pride, triumph. Self-esteem is psychological, and it can predict some results like successful relationships, happiness, or even criminal behavior. Well, with that little information on self-esteem, we can see it is very crucial in our lives and plays a major role in success. Then where does self-esteem come from?

Our capabilities and value for self-form our self-esteem; this means that self-esteem comes from within us and from our thoughts. Self-esteem does not come from external forces, either family, friends, or your achievements. It means that no amount of support from family and friends can build your self-esteem, but tiny negative and positive thoughts of yourself can make and break your self-esteem respectively. We should also note that it is not only the thoughts on ourselves that affect our esteem but also the tiny thoughts on our capabilities that can build or break our self-esteem. It means that to improve our self-esteem, we should change how we think of ourselves and how we think of our capabilities. We should change our thoughts to be positive and start thinking highly of ourselves and our capabilities.

People with low self-esteem and their counterparts with positive self-esteem can be identified from a mile away as they show different distinct signs. A person's life experiences develop self-esteem. People with low self-esteem

have gone through difficult life experiences like being ignored, teased, ridiculed, criticized harshly, or were sexually or emotionally abused. What are the signs of a person with low self-esteem?

They view life negatively.

- They don't trust others.
- They have a perfectionist attitude.
- They are afraid of taking risks.
- They are afraid of being ridiculed.
- They depend on others to make decisions.

On the other hand, people with positive self-esteem show the following outward signs.

They are confident.

- They are aware of their inner strengths.
- They are optimistic.
- They are problem-solvers.
- They are comfortable with different emotions.
- They trust others.

I know by now you are asking yourself, "Why is it so important to build on my self-esteem and maintain it? Well, ask no more; I got your back.

Importance of Self-Esteem

Now that we have an idea of what is self-esteem and how to achieve positive self-esteem let us find out what is the importance of it in our lives.

Inner stability- Our bodies function like computers, and if we feed them 'bad input,' they give us back 'bad output.' When you value yourself more, your self-opinion goes up, and you stop being a people-pleaser.

When you love yourself, nature rewards you with a simple and light life.

Positive and steady self-esteem brings happiness.

Higher self-esteem gives you the ability to manage stress.

What Is Not Self-Esteem?

We are living in an era where people equate recognition and wealth as self-esteem. Today's generation has no idea what self-esteem is, and if asked, they equate it to material things and achievements. We have already discussed what self-esteem entails, and right now, I want us to look at what it isn't.

- Self-esteem is not your net worth- We all know a person or two who equates their worth to their net worth. Some of us are not wealthy but live beyond our means to create an illusion that we are wealthy. Our material possessions are not a sign of your value as a human being.
- Self-esteem is not who you know- Some people depend on other people's opinion to know their value. Some even think that by dropping names of renowned people will earn admiration from others. We should understand that other people's opinions of us keep changing and no praises are enough to make us value ourselves.
- Self-esteem is not your appearance- Some people equate their self-esteem to their looks and the attention they attract. It is so unfortunate that this is what the media sells to us. Good looks are important, and they have their purpose in our lives, but they don't last forever. Your value should never be equated to something that has a life span. What happens when you start getting wrinkles or hair loss?
- Self-esteem is not what you do- Careers are good, and as much as they make us feel valuable, they should never determine our worth. To some people, their career is who they are. An end to that career will leave you feeling bad about yourself.

Obstacles of Self-Esteem

Self-esteem is the anticipation of positive results. As we said before, self-esteem is the value you place on self and not a personality trait. When you have positive self-esteem, you are motivated to work hard to devote resources and time towards achieving your goals. It is not self-esteem that brings you success; it is your efforts. Without self-esteem, you lack the self-

drive to work towards achieving your goals. Here is a brief inventory of the obstacles of self-esteem.

Critical authority figure

Is it possible to grow into a mature adult with positive self-esteem if you grew up being told that you are not good enough, and whatever you did wasn't either? No, children who grew up in critical homes; whose parents did not see anything positive in their actions have problems with self-esteem. It is difficult to value yourself if all you heard when you were growing up were words that told you otherwise. The shame enforced on you is blindingly painful.

Uninvolved caregivers

It is not an easy task to motivate and convince yourself that you deserve better if your caregivers did not do that. Some parents have don't pay attention to their children's achievements, and when they do, they have no regard for them. Children who grow in such environments feel, forgotten, and unimportant. Such environments can make them feel unaccountable to any person, but that is postponed feelings from childhood. Unrecognized feelings can make a person believe that he/she has no value.

Conflicts within the authority figures

In situations where parents or caregivers argue or fight a lot in front of their children, their children take in the distrustful conditions as a life model to them. Such threatening conflicts make the children feel responsible. Children carry those feelings of being contaminated into their adulthood. With such feelings, it is not easy to love and value yourself.

Trauma

Sexual or emotional abuse is a big obstacle to self-esteem. People who have been subjected to such abusive experiences find it hard to trust themselves and hate the world. They blame themselves for the abuse and in an attempt to cope; they view themselves as shameful and repulsive. Such awful experiences hinder the growth of positive self-esteem.

Intellectualizing

In intellectualizing, you never involve your feelings or emotions in your thought, but you think of yourself in an intellectual and detailed way. You

think and gauge yourself with regard to people's opinions or your success. For self-esteem to thrive well, you must involve your emotions; you must love yourself enough and think of yourself as a success and not a failure. Strong positive emotions should spark tiny thoughts about yourself.

Negative self-talk

Some of us are too harsh on ourselves; we criticize ourselves a lot. Some people don't value themselves as much as they value others. Their concern for others is more than their own concern. You should be your cheerleader and avoid negative self-talk.

Roadblocks of Self-Esteem

Self-esteem is comprised of both your feelings and perception of yourself. Self-esteem is a journey of self-love and value of self. The journey to building your self-esteem begins with a spark of belief in yourself, and with time, you have the ability to love and value yourself. It is not an easy journey and just like any other journey out there. You will meet roadblocks along the way. Here are some roadblocks of self-esteem.

Comparison

In this digital age, it is common to feel like you are the only one failing in life. Applications like Facebook and Instagram gives us a peek at other people's life. Seeing some of our relatives and friends, good days can leave you feeling as if you are a failure. In social media, we only get to see only the best side of their life and little of the challenging parts. Also, the media packages its personalities as beautiful and fit, and they keep exaggerating. It gives 'normal' people a feeling that they are below standard and can't compete with what is out there. The media is always subjecting us to unfair comparisons every day.

Current relationships

Some relationships make us question ourselves. Sometimes, people make mean remarks about you and then act as if they were joking. You might also encounter discouragements from friends and family on your work or projects. Some will constantly tell you that you are not good enough, and they will never support you. Support from friends and family is important, and if you don't find it in them, you should limit your interactions with them. Surround yourself with people who will not block the growth of your

self-esteem always. Self-esteem journey is not an easy one, especially to people with low self-esteem issues. You should not give up on this journey because of a few roadblocks here and there, but instead, you should fight throughout until you emerge a winner. The fruits of positive self-esteem are great; keep pushing.

Preparing For Your Walk

It is never too late to boost your self-esteem. As much as it is not an easy journey, it is doable and achievable. What can you do to raise your self-esteem? Here are some tips.

- Step outside- A little sunshine is good for every one of us. A little sunshine and especially when doing something active, can brighten our day. You can take a walk, simple gardening, or you can ride a bike.
- Accept your accomplishments- We should stop undermining our achievements and accept them. A pat on the back for a job well done can go a long way in boosting our esteem. We should stop criticizing ourselves and focus on positive thinking.
- Power pose- I could not also believe that a mere power poses can boost our self-esteem, but research has shown that it can boost your esteem by 40%.
- Assertive speech- Train yourself to speak without the filler words in your speech. Also, train your voice to come out as steady and low pitched. A combination of the two makes you confident and in return, makes you feel good about yourself.
- Break from social media- We mentioned before that social media is good, but it makes some of us compare our lives with others we think are doing better. This break should enable you to define your value on your terms.
- Smile- Smiling makes us feel good. You should smile even when you don't feel like it. Smiling brings happiness to you and the people around you, and happiness makes us feel good about ourselves.

18. What Is Self Confidence

When you look into the mirror, do you like what you see? Do you see someone who is confident and capable, or do you see someone who is disappointing to you? You do not have to answer this out loud, or even ever tell anyone how you truly feel if you do not want to, but consider this for a moment. Depending on your answer, you may be able to discern your own self-confidence relatively simply. If you like who you are and see someone that you know you can depend on, you likely have a decent self-confidence level, but if you feel embarrassed or ashamed when you look at yourself, you may have some issues that need to be addressed if you ever hope to exist and function in a capacity that is healthy and productive.

You need your self-confidence when you interact with people. You need it in order to feel like you are trustworthy or that you are capable of making decisions that are good for you. It cannot be reiterated enough—your self-confidence will impact your entire life.

Self-Confidence

Simply put, your self-confidence is your attitude about yourself. It is a summary of how you view your skills and whether you are able to do things that you can do. It is your ability to trust yourself and your own judgment—you believe that you are able to make good decisions that are the right ones for your particular situation. Think about everything that would come along with that.

When you are self-confident, you accept that you are capable. Note that capable does not mean perfect—in fact, it is incredibly likely that anything you do can always be improved simply because there is always room for improvement in life. However, you must also be able to recognize that there is always room for improvement, and that is okay. You are able to trust that you are competent but not perfect. You know where you are skilled and the areas in which you need improvement. You can tell the difference and make it a point to become better at anything you struggle with simply because you have the self-confidence to remind you that you are capable and do not have to simply take the end result of failing or struggling as all you are able capable of.

Self-confidence makes you view yourself in a positive light. You can recognize who you are and what your worth is. This means that you feel like you are worthwhile, and you can accept who you are. You do not need to be perfect for yourself, and you are comfortable in your own skin anyway.

Self-confidence can come and go. It can be present in some areas while being lacking in others. There is no one-size-fits-all way to approach self-confidence, and if you find that you lack self-confidence in several areas in your life, such as not being able to trust yourself with finances or relationships, you may want to take the time to focus on those instances. Remember, while self-confidence is something that says that you can accept yourself for who you are, you should never feel like you must accept low self-confidence as who you are. You can always improve, and you should do so for your own sake.

The Importance of Self-Confidence

This self-confidence is crucial in several aspects of your life. It determines your relationship. It determines how you view yourself. It determines how you interact with others and how successful you are at anything you do. It determines how you care for yourself, and so much more. If you acknowledge that your self-confidence will reach out and touch every aspect of your life, it can be easy to accept that it is so incredibly crucial to develop and maintain.

Think for the moment about someone that you see as the picture of lacking self-confidence—you probably think of someone that is nervous, self-conscious, and afraid to speak her mind. She may constantly have frightened or stressed out body language, or show signs of being uncomfortable in basically every context. She does not do a particularly good job at work because she is always too busy questioning herself and her skills. She struggles at home because she is afraid to make decisions or tell her partner what she needs out of concern that she will be judged or that she does not know what she truly does need. She does not make friends easily because people around her do not typically respond well to who she is as a person just because she tends to struggle with presenting herself in a way that is meaningful or trustworthy. She constantly seems unsure of herself—because she is unsure of herself.

Now consider someone who is confident. She likely has her head held high and is showing that she trusts herself. She can tell other people what is on her mind because she does not define herself by the opinions of others. Instead of seeing other people as defining of her worth, she lives by the motto of wanting to be happy and doing what she wants rather than focusing on what other people want her to be. Her confidence means that she is willing to focus on herself and take care of herself instead of worrying about how other people may see her.

Does this mean that the woman with high self-confidence never doubts herself, or is confident all of the time? Not at all—she likely goes into a situation doubting how it will go quite regularly, but because she is able to also trust herself and her ability to recognize what the right course of action is, she is willing to follow what she has said. She is able to recognize what is right or wrong, and she is willing to take chances.

In the event of something going wrong, and it is always a matter of “when,” and not “if,” the one with self-confidence is going to be far more equipped to handle the situation. She will be able to trust herself to come up with the right decision and not find herself crippled by self-doubt that may convince her that she is incapable of making the right decision in this instance. She will be able to figure out exactly what it is that she needs. This is critical—she will be able to handle the conflict better.

It is not only in personal problems that self-confidence matters. It can be seen in your body language. It can be seen in your tone and how you hold yourself. You essentially constantly broadcast your own self-confidence levels off to everyone around you for all to see, and other people pick up on that. People who see you as lacking self-confidence are less likely to trust you—after all, if you do not even trust yourself, why would anyone else bother trying to trust you too?

The Benefits of High Self-Confidence

When you are self-confident, the benefits are undeniable. In nearly every aspect of your life, you will be able to see improvements. You will look at yourself differently than you did before. You will see how you do have value, even if before, you doubted it. You will be able to see past the lies of self-doubt and reap the benefits.

Working to Your Fullest Potential

When you are self-confident, you are not bogged down by constant self-doubt. That self-doubt is incredibly problematic and can be distracting for anyone. After all, if you cannot trust yourself, will you really want to go through with making decisions? You may feel like you are incapable of making those decisions in the first place, and that keeps you paralyzed in inaction rather than doing anything at all.

When you are self-confident, however, you are more likely to break past that self-doubt. You can defeat it and trust yourself. As you trust yourself and take chances, you begin to do more. You are able to accomplish more simply because you are willing to try more things. You will find new ways to make things work for you, and that means that you have more opportunities to shine. With greater risk comes greater rewards, but you need to have that confidence to attempt to take the chance in the first place. If you are too unconfident to take the plunge, you will never see those benefits.

For example, imagine that you are at work, and you find that you are confronted with some sort of performance issue. You may not know how best to solve the problem, but you are willing to try to figure it out yourself. Think about how this makes you look to those who are responsible for assessing your performance—they see someone that is willing to take chances and is willing to be a problem solver. You are seen as someone with the resolve to not get flustered when faced with a problem and someone who is willing to take the initiative to solve it.

Taking that initiative and working in the face of failure means that you are always trying your best. You are always trying to improve yourself and succeed, and that sort of that perseverance to overcome any obstacle that comes along with self-confidence is incredibly valuable.

Happiness

When you are self-confident, you are able to fight off the self-doubt that may be trying to hurt you in the back of your mind. This means that you do not give in to that voice that tells you that you are terrible, awful, undeserving, or anything else—you are able to fight those feelings off, and without them, you find yourself feeling far more calm and collected. Without the added stress of feeling like you are a waste of space, something

that lacking self-confidence may lead to you thinking, you are much more satisfied and comfortable in your own skin.

One of the most valuable assets in your life is going to be living with peace of mind, and your self-confidence can grant that to you. When you feel capable of controlling your thoughts and making sure that you are always meeting your needs exactly how they need to be met, you can ensure that you are happier. You do not have to worry about if you can, because you trust that you can, and that is enough for you.

Being able to trust yourself is enough to help you truly feel like you are comfortable and safe in who you are, and you should always try to preserve those feelings for yourself. Your relationships will also improve as you achieve that peace of mind, and when you have better relationships, you will feel like you are happier. That happiness brings you a positive attitude, and that positive attitude can truly help you achieve the life that you deserve.

Comfort in Social Situations

Self-confidence means that you are able to live life without worrying about the opinions of others. This brings you ease and comfort when you do find yourself interacting with other people. When you meet someone new, you do not find yourself wondering incessantly whether they think that you are annoying, flawed, problematic, or anything else. You will not feel like you need to be liked—you already like yourself, and that is all that counts.

You will not be afraid of rejection, and that lack of fear means you are more likely to engage with other people. You will not be worried about not melding with someone, because that happens sometimes. That is not the end of the world—it simply means that you and that person did not mesh well. You are not going to be best friends with everyone you meet, and that is okay.

Beyond that, self-confidence also breeds the ability to be excited and enthusiastic. Your mind is not concerned with worrying about your worth, so instead, you are able to funnel that energy into more positive aspects of your life, such as finding other people to talk to that share similar interests. In being able to navigate social situations with ease, you will attract all sorts of people with your positive energy, and that alone is already incredibly valuable.

Health Benefits

There is no doubt that your mental state and physical health are closely related. When you have a positive mindset, you usually have better mental health. People with good mental health generally have healthy bodies as well. If you are able to approach life with self-confidence, you can then begin to see health benefits as well, both physical and mental.

Benefits in Children

Remember, self-confidence builds in childhood, and those children who are on track to develop high self-confidence also find themselves doing better than other children. They are more likely to be better at sports or socializing. They make more friends and are able to withstand any peer pressure that is thrown their way. The self-confidence that your children develop can help them to lead meaningful lives that will guide them in making intelligent decisions rather than a decision that is made impulsively.

19. Defuse Bud Thoughts

Overcoming negative thinking is an important part of learning optimism and is the most difficult part of the process. By choosing to focus on the positive, you are, in a way disregarding the negative, but it will no doubt still be in the back of your mind, especially at first, as you are trying to learn to be more optimistic. In this section, we will look at some ways to overcome these negative thoughts that are so hard to dismiss, especially if you are so used to focusing on them. First, though, we will look at some fewer effective ways so that you know what not to do.

Ineffective Ways

Pushing your thoughts away is usually the choice we make at the moment when trying to get rid of negative thoughts, but it is not the most effective way of doing this. When we struggle with negative thoughts by trying desperately to push them away, we are still focusing on them. We are focusing on them in terms of trying to get rid of them but focusing on them nonetheless. Our brains cannot tell the difference between positive and negative thoughts; they are all thoughts to the brain. Therefore, when we are trying hard to push negative thoughts away, all our brain notices are that we are very focused on these thoughts, and this makes our efforts to push the thoughts away essentially wasted.

Distraction is another way that we often use to try to get rid of our negative thoughts. If we distract ourselves, it works in the short term to help us get rid of the things we prefer not to think about, but as soon as the distraction is gone, we will be thinking about these negative thoughts again. This can make the thoughts come back stronger and in a more nagging way if we keep trying to distract ourselves from them.

Effective Ways

The first step to overcoming negative thoughts in an effective way is to acknowledge them. Taking time to notice and acknowledge the thoughts that you don't want to be there will allow you to then deal with them in an effective way for good so that they don't keep coming back over and over again.

The next step is to recognize that these negative thoughts are not rooted in reality but are simply creations in your mind. Our mind is always having

thoughts of varying degrees of positivity and negativity, we are the ones who deem these thoughts negative or positive, not our brains. Our brain processes things by thinking of them, and sometimes it processes things before they happen in the form of thinking about possible outcomes. When our brain is doing this, we are judging each outcome as one that we would like or would not like to have happened.

By first acknowledging and then noticing that these thoughts are creations of our mind and not reality, we are able to distance ourselves from our thoughts instead of becoming them. By seeing our thoughts as an extension of ourselves, it is very hard to do anything to control them. By seeing them as something separate that is created in our brains, we can then deal with them accordingly. We can take them less seriously and see them as some distant possibility. We can also acknowledge that our brain thinks of all of the possible outcomes in an effort to protect us by preparing us. These methods of protection are much less useful to us these days than they were in the past when the issues we were dealing with were rabid bears or potential starvation. By realizing that our thoughts are not telling us the absolute truth-especially if the thing we are thinking about has not happened yet, this will help us to disregard them more easily .

By doing these things stated above, we can then choose which thoughts we want to believe and which we don't want to. We can also choose how to respond to them from here.

How Learned Optimism Can Improve Your Life

Learning optimism is a process, but one that is completely worth it. Learned optimism can improve your life in a variety of ways.

Self-Fulfilling Prophecy

There is something in psychology that is called a self-fulfilling prophecy. What this theory states are that if someone predicts or expects a certain outcome, their behavior and their actions work towards this outcome, resulting in the outcome actually happening. Therefore, if a person tends to be more pessimistic when looking at the possible outcomes of things, their behaviors may actually cause that negative outcome to happen without them even knowing it. Let's take the date example once again. You are going on a date and thinking about how it will turn out, and you are expecting that it will go badly because you have low self-esteem, and so

you are expecting that the person will not want to go on another date with you after the first. What can happen then is that your actions may cause this to happen. The way that this can happen is that maybe since you are expecting the other person not to enjoy your company, you decide that it doesn't matter if you look at your cellphone a few times over dinner. Maybe you also slouch in your chair and chew with your mouth open, and maybe you don't make much of an effort to get to know them, all because you are expecting it to not work out anyway, so you doubt that you will see them again.

On the other hand, if you are optimistic and you expect a positive outcome, you may make this happen subconsciously with your behavior by making more of an effort to get to know the person, listening intently to them with eye contact and a smile, and you put your phone away on silent out of respect for them. You may be more inclined to ask questions and pay attention to their answers since you are expecting to see them again.

In this way, being optimistic and practicing optimism will benefit your life because it can actually make the positive outcomes come true for you. Being able to practice optimism will be able to help you achieve positive outcomes in life and, therefore, will help you to be more optimistic in general, as you will begin to believe that these positive outcomes are possible for you.

Confidence and Self-Esteem

To further the point that we just finished within the last section, when you begin to see that positive outcomes are possible for you, as your optimism made them happen for you subconsciously, you will begin to have more self-confidence. Your confidence will rise as you see that you are not doomed to have nothing but negative outcomes in your life, and you will begin to believe that maybe you do have something to bring to the table. If before you go on a date, you practice optimism, and then you expect a positive outcome, thus making it happen, you will feel confident in yourself and your likability, as the person wants to go on another date with you. This will be great for your self-esteem and your self-confidence, which will improve your life as you will be able to move through the world feeling better about yourself, what you can offer and what you are capable of.

Happiness

To further the two previous points, having higher levels of self-confidence and self-esteem as well as having positive outcomes happen because of optimism, will make you feel happier and more satisfied with life in general. Being able to feel good about yourself and your experiences will give you more satisfaction with life, which will make you feel happier.

The other way that optimism can improve your life by making you happier is by constantly causing you to have positive thoughts in your mind. Positivity makes you happier in general, as positive thoughts make us feel good. When you practice optimism, you are constantly choosing positivity and overtime; this will make you feel more positive as a person in general. This will lead to more life satisfaction.

Notes on Putting This into Practice

In order to put this into practice, it will take patience and time. Learning anything new takes time and practice, especially when it involves something as complex and powerful as our brain and our thoughts. The good thing about practicing optimism, though, is that it gets much easier with time as you will be able to see the effects working before your eyes. Once this begins to happen, it will motivate you to keep going as you will continue to see the results before your eyes.

If you have times where it is difficult to practice optimism, and you feel like you may have focused on the negative, causing you to produce a self-fulfilling prophecy which made a negative outcome happen, fear not. Take a bit of time to calm yourself down, to forgive yourself and to regroup. By doing this, you will show yourself that it is okay to struggle with this sometimes as everyone does. Then, you need not go back and do anything about that situation, simply focus on trying the next time to overcome your negative thoughts, practice optimism, and produce a positive outcome for yourself.

It will also be important to recognize that you will not always be able to have any effect on the outcome of something, no matter how optimistic you are. Recognizing this will be beneficial in preventing you from dwelling on something that you had no hand in causing. There will sometimes be negative outcomes, and this is just a part of life that we must accept. For example, if you go to a job interview and you were as optimistic as you have ever been about something, the interview went great, and you are

feeling great about it, but you still do not get the job. This is something over which you do not have much control, as so many factors affect something like this. Maybe they decided they wanted someone of the opposite gender; maybe the position was filled internally, maybe they decided they didn't need anyone after all. Any of these could be the cause, and being able to see this will help you to move on and not dwell, especially if you felt like you did everything you could to be optimistic about the outcome.

Being optimistic takes work and practice, but it is possible for anyone to learn, no matter how pessimistic you have been in the past in your life. It is never too late!

20. Build a Positive Thinking and Positive Self Image

When you are trying to change the way you see yourself, you need to figure out what your self-image is at the moment. Is your self-image positive or is it negative? Keep in mind that there are three types of self-images:

- how you see yourself
- how other people see you
- And how you see yourself based on the opinions of others

The level of confidence that you have in yourself is a huge part of your self-image. With a positive self-image, life will become easier for you. When you start to view yourself positively rather than negatively, and you create a positive attitude towards yourself, people will begin to see you and treat you differently.

In order to improve your self-image, consider following the steps listed below:

Don't be critical of yourself. Learn to quiet the inner voices that lead to negative thoughts. Don't criticize yourself; it is not helpful. People in the world will criticize you, so don't allow yourself that task.

Smile at your reflection. Greet yourself with a smile instead of a frown when you look in a mirror or catch your reflection somewhere. By doing this, you are showing yourself that you are worthy of positive energy. A smile makes a world of difference!

Every night, make a list of five things that you enjoy about yourself. This list does not need to be elaborate, but it is important. By making a list of what you like about yourself, you are giving yourself the gift of highlighting the areas of you that are phenomenal! The key to the list is to not be repetitive.

Make sure you get your rest. Have you noticed that you are prone to negative moods when you are tired or poorly rested? Getting a good night's sleep is important to our moods and our body.

Take care of your appearance. When we look nice, we feel better about ourselves. Make sure to put in an effort to look your best: whatever that

looks like to you. You will feel better about yourself, trust me !

Pursue your interests. When you do something that you are passionate about, you feel better about yourself. The good feelings allow you to take pleasure in the activity and the way that you feel while pursuing it.

Be who you are and embrace your quirks and your idiosyncrasies. Normal is not something you should strive to be. The person who lives in your body is who you need to be. Embrace each one of your slightly odd quirks, the areas of you that make you who you are. Don't hide them, but rather embrace them! Be yourself, and you will feel better about yourself!

Identify the good traits that you have and the bad traits. By taking a look at what you consider your good qualities and your bad qualities, you are not promoting a critical attitude. On the contrary, instead, you are having an honest look at how you view yourself. Looking at the different traits that you have allows you to look for chances to grow as an individual.

Have fun and enjoy yourself. The best way to promote a good self-image is to go out and have fun! Learn to enjoy yourself alone and with friends. Doing this will help you to positively experience other people, and allows other people to experience the fun part of you !

How to Build Your Self-Confidence

In order to protect your self-confidence, you need to build upon what you already have because if you don't, the world will shatter it. Only you can change the way you are viewed both by yourself and by others. To do that, consider following the steps listed below:

Use visualization to see yourself the way you want to be. Visualizing the way that you want yourself and your life to be will give you something to strive for. Setting goals after you visualize the way life should be is another powerful step in building your self-confidence.

Use affirmations. We know that words are powerful, right? Affirmations are words that pack a powerful punch and, at the same time, allow you to reframe the way you see yourself. Practicing affirmations in the morning and evening is important when building your self-confidence. You may feel silly at first, but stick with it!

Each and every day, try something that scares you. Don't worry, you don't have to battle your phobias. A good place to start, though, would be by

saying hello to someone new. Do something that will get you out of your comfort zone slightly .

Analyze the criticism that you give yourself. Every time you allow a critical thought to take hold, you are damaging your self-confidence. A good practice is to challenge and analyze each critical thought that crosses your mind. Determine if it is worth the time, or if it can be discarded and forgotten. More often than not, it will be discarded and forgotten.

Try making requests that will automatically get rejected. The purpose of this is to desensitize you to rejection. Ask people for things that you know will get rejected. When you desensitize yourself to rejection, it then loses the power of making you fearful.

Put yourself in a winning situation over and over again. Create opportunities to make you successful. Small ones or large ones, it doesn't matter. Make yourself a winner to see yourself as a winner!

Be helpful to someone else. Find someone to help, and then help them. Building self-confidence includes nurturing how you can help and be beneficial to others. By helping someone else, you are fostering the notion that you have gifts to give and share with the world. Your self-confidence will increase as you put yourself out there .

Practice self-care. Taking care of yourself is important, and it should not be put off. Making time to ensure that you are at your optimal is important. When you acknowledge and make yourself a priority, you are then making others see you that way as well.

Have strong personal boundaries, and enforce them. Only you can decide what you will tolerate and what you will not tolerate. Set your boundaries, and do not allow others to encroach upon them. When you value yourself by setting boundaries, other people will respect this.

Understand that you are equal to others. One of the best actions you can take for yourself is to understand that you are not less than someone else. Understand that you are equal to others.

Learn about yourself, and build your self-awareness. Find out who you are. Self-help, remember, brings about self-awareness. Figure out who you are, what you like, what you don't like, and how you can change to make yourself better.

Act positively. When you exude positivity, you attract positivity. Try each day to act in a positive manner to bring about positivity in your life and to others lives as well.

Be prepared. Nothing shatters your confidence faster than not being ready for a turn of events. Make sure that you are preparing for the bad and the good. Preparation is one of the best traits of an introvert so use it to your advantage!

Understand your values and principles. Shape your life around them. Make your life reflective of your values and principles. When you do this, and you live what you believe, people can see who you are. Embrace that!

Practice and study to become more competent. Competence exudes confidence. When you make it a point to learn, you are making yourself better.

Change a small habit. When you find a habit, a small habit, that is frustrating to you, try to change it. When you are successful at making a change, you are able to see yourself being successful in other areas of your life as well. This increases your confidence in the abilities that you have within you .

Look for solutions, and don't focus on the problems. Problems are a negative focus. By focusing on the solutions, you are looking at the bright side and figuring out how to change something bad into something good.

Practice gratitude. Focusing on the good things in life will help you reframe your thoughts and help you let go of the negativity.

Exercise as this will increase a positive mood. Science has proven that exercise promotes happy chemistry in our brains. It makes sense that, to avoid negativity, you should exercise. Reap the benefits of the chemistry of our bodies!

Understand that being knowledgeable gives you power. Putting yourself in the position of being in the know gives you power. You position yourself as an expert, and this allows you to positively improve your level of confidence. By displaying your knowledge, you are also allowing others to view you in a positive light.

Finish a procrastinated project. Success improves how we view ourselves. Finishing something that you have been putting off allows you to reap the benefits of success .

Remove things from your life that you have been tolerating. Tolerating poor behavior, mistreatment, and negative relationships can take a toll on our self-confidence. The negativity that this type of behavior exudes compromises how we view ourselves. Stop tolerating these things and see your confidence return. You deserve better, after all.

Celebrate your wins, whether they are big or small. Reward and celebrate the accomplishments that you have made. There is no difference if the wins are big or small; they are still great! Celebrate!

Accept a new challenge. By accepting a new challenge, you give yourself a chance to shine. Watch your confidence soar as you shine in new limelight!

Make yourself smile daily. You should consider making yourself smile, don't wait for someone else to. When you smile, you feel happy. By feeling happy, you can build your confidence level.

Notice patterns that make you second guess yourself or overthink the situation. Stop second-guessing yourself. Make sure that you are feeling confident in your decisions and actions. When you doubt, notice the patterns and strive to eliminate those patterns .

Make a list of things that make you feel good. Focus on the good that you do. Don't dwell on the missteps or mix-ups. Look at what you do well, and exploit those qualities.

Be yourself and stop trying to please others. Once you find yourself, you need to stop pretending to be someone else. How can you be confident in someone who is always bending and changing to please others? Boldly embrace who you are and what you have to offer.

Identify and deal with the thoughts that you have when you think you are not good enough. Do not let yourself or others make you feel unworthy. You are good enough. Recite that every day if you need to, or until you embrace it. "You. Are. Good. Enough."

Be mindful and forget autopilot Pay attention and embrace life! As you go about living, take time to be mindful and make each day the best it can be.

Control your inner voice. This one is important. Work towards affirmations and watch the negativity lessen. Our inner voices control how we view ourselves. Control your inner voice and feel yourself become more confident.

Laugh at yourself. We all make mistakes and goof-ups! Learn to laugh at them! When you stop taking them seriously, they lose their control over you.

Understand your doubts and find ways to override them. What do you doubt about yourself the most? When you figure that out, use the techniques in this book to reframe your thinking. Allow yourself to understand the doubts you have, but also don't let them stop you.

Look for learning experiences in each situation. Opportunities are simply obstacles that have been tossed in your path. Learn to identify the opportunities and embrace the lesson.

Stand up for yourself when someone else puts you down. No one has the right to make you feel less than them. Someone who does that has more problems with themselves than they have with you. Stand up for yourself and do not allow others to treat you poorly. When you allow that, you become desensitized to negative behavior and your self-confidence crumbles .

When you build your self-confidence the way people see your changes. Your capability has risen and you gain respect. The respect of others is important to the core of who you are. Understanding the importance of your self-confidence, and how to change it, is one of the more valuable skills that you can learn in life.

21. Build a Self Esteem

There are a great deal of habits by which you can bolster your certainty and change to an increasingly positive and stable points of view about yourself.

Here are a couple of clues for making and boosting your confidence:

- Don't take different people groups analysis or criticism to heart, rather check out what they are expressing and gain from it.
- Take a break for yourself standard, think, look inside yourself and see all your incredible concentrations and imagine changing your horrible ones into increasingly positive.
- Celebrate and pride yourself on even the tiniest achievements that you accomplish.
- Do something normal that you acknowledge, for instance, going for a walk in the light or engrossing an air pocket shower.
- Never prevent yourself from securing something you acknowledge, in case you realize you shouldn't do it, by then do it regardless and quit reprimanding yourself about it .
- Talk determinedly to yourself; repeat requests to seek after away from most of the negative contemplations and feelings inside your psyche.

How to Use Positive Self-Talk

One of the most noteworthy effects that we can utilize further reinforcing our favorable luck in life is oneself. Accurately, we can use our considerations since they essentially our suppositions and in this manner can significantly influence how we oversee life when in doubt.

By making sense of how to control our self-talk and changing it into useful self-talk instead of hostile, which a noteworthy number of individuals do unconsciously for the afternoon, you can begin to procure power over each piece of your life and take off key enhancements.

Your ability to win in life for the most part depends upon how you oversee life. A productive mental demeanor prompts a particular and finally more successful individual than one stacked with criticism which incites a nonappearance of confidence and low certainty .

By exploring life unmistakably to one of enmity, an elevating perspective prompts seeing extraordinary in people and the world which moves vision and accomplishment.

Your fulfillment relies upon how you think and feel from moment to minute and changing the way in which you accept can change how you see life and oversee life.

The person who encounters life ideally with an elevating manner is better prepared to oversee development and the issues which it now and again hurls at us, they can skirt back and recover from issues or set-moves for the duration of regular daily existence.

The hopeful individual will see the issue for what it is, just an ephemeral set-back which they can endure and continue ahead. When looking in this confident manner the individual can assume full responsibility for their insights and conclusions and change an antagonistic condition into an increasingly positive one by fundamentally changing the way wherein they think.

Since examinations can either be explicit or critical, and you can have just a single thought as the fundamental need at any one time, by then picking useful considerations will keep your insights, assessments, and exercises cheerful which prompts an increasingly happy person who can achieve their goals significantly less requesting.

The most effective method to Practice Self-Acceptance

You should use positive self-talk for the day remembering the ultimate objective to develop thinking or a specific reasoning example. You will in all probability have developed a case of an opposite justification for quite a while, and this will put aside the chance to endure.

In any case, you should intend to repeat positive self-talk around multiple times for the afternoon. You can achieve this by rehashing genuine clarifications inconspicuously to yourself or out so anybody may hear.

Positive self-talk is used for a wide scope of points of view in your life; it can help you with defeating irksome conditions, obtain trust in yourself, help you with stopping penchants, recover quicker from disorder or take off enhancements to your life when all is said in done .

Well known articulations or sentences that can be used as a piece of positive self-talk are:

1. I have an intriguing test facing me – this could be used when an issue occurs for the duration of regular day to day existence, or there is some issue, rather than looking condition unfavorably and assuming I have an issue, thinking of it as a test is an impressively progressively ideal technique for overseeing it.
2. I like the character I am – this could be used to strengthen confidence and get respect about yourself and the individual you are, equivalent explanations could be "I am the best," "I am a better than average individual" or "I have various incredible qualities."
3. I realize I can do this-this could be used in case you are taken a gander at with a particular endeavor that you would as of now question yourself fit for vanquishing. Equivalently you could state "I can beat this" or "this doesn't speak to an issue for me."
4. I am stacked with prosperity, imperativeness, and centrality – this can be used to invigorate sweet estimations about your prosperity either after you have been crippled or while recovering from an ailment .
5. I am fulfilled as a man – this can be used to enable incredible general positive considerations about yourself and the world in which you live.

What is confidence?

Confidence alludes to simply our general perspective on our own value. It is simply the mentality we have just as our judgment of ourselves. This can likewise incorporate our enthusiastic state, for example, pride, disgrace, satisfaction or trouble.

Confidence can allude to one part of ourselves - for instance, pride at being a decent competitor; or it can allude to our general selves - a general feeling of disappointment with what our identity is. Our assessments of our own self-esteem are generally very relentless. Regardless of whether no one else shares that assessment, despite the fact that everybody has awful days where they get down on themselves; and even the individuals who don't such as themselves especially can have snapshots of pride. For the most part, in any case, that picture that we have worked of ourselves stays.

Generally, it is occasions in our lives that characterize how we feel about ourselves. For most of youngsters, the principal influencers in their lives are their folks. As defenseless individuals new to the world, we depend on our folks to give a sheltered and adoring condition. Hence, it is sheltered to state that the guardians are simply the significant wellspring of impact on our confidence as kids. A youngster who is fortunate enough to flourish in a home with guardians who adore them regardless of what will by and large build up a feeling of wellbeing and prosperity. These inclinations will generally convert into high confidence as a grown-up.

A few analysts have guessed that child rearing styles can add to the confidence of a kid, (regardless of whether the family unit is lenient or legitimate, with the definitive style thought to prompt higher confidence), yet so far just a causal relationship has been noted.

Those youngsters who experience childhood in a home with clear limits, yet where they feel regarded and heard will ordinarily be bound to create solid confidence when entering primary school. Different elements that play into the improvement of confidence can include:

- Being treated with deference,
- Being tuned in to ,
- Receiving enough fondness,
- Receiving enough consideration,
- Receiving comprehension and pardoning for mix-ups, and
- Receiving honors for achievements

Lamentably, only one out of every odd youngster is brought up in such a situation, and only one out of every odd individual has high confidence. A few people are brought up in homes that would cause all of us to recoil. In any case, it isn't their flaw. Youngsters have no influence over the world they came into. They should basically adapt as well as can be expected. A portion of the components that lead to low confidence incorporate such models as:

- Physical or sexual maltreatment,
- Harsh analysis (psychological mistreatment),
- Being disregarded,

- Being prodded or ridiculed, and
- Unrealistic desires

When we are taken a crack at school, scholastic accomplishment turns into another wellspring of confidence. An understudy who consistently does well in school is bound to have high confidence, while an understudy who battles is probably going to have lower confidence.

Youngsters moving into school additionally start to be presented to a lot more extensive group of friends than previously. As these kids experience other kids, they start to observe the contrasts among themselves and their friends. They rapidly start to see the distinctions in their exhibition contrasted with other kids. Regardless of whether they improved or more regrettable in some random action will assume a huge job in the advancement of their confidence too.

During pre-adulthood, social associations start to become possibly the most important factor. How the kids coexist with their companions, and whether they can without much of a stretch make dear companions will assume a huge job in deciding if the kid creates positive or negative emotions about themselves. A youngster who wins acknowledgment and kinship from their companions effectively will have a lot more grounded sentiments of self-endorsement than a tyke who is continually disregarded or prodded by their friends. This procedure of creating confidence proceeds with right into middle age!

Another supporter of low confidence can be disgrace. For instance, a kid who observes something horrendous happens to their folks may feel that they ought to have had the option to plan something for forestall it, and will feel disgrace that they didn't. Poor confidence isn't constantly founded on the real world; rather upon our impression of the real world.

Run of the mill indications of individuals with high confidence can include:

Having the option to confide in their own judgment, having the option to move beyond disappointments and troubles;

- A readiness to acknowledge help from others when required;
- A firm handle on their qualities and ethics, and a preparation to guard themselves when required;

- Acting as indicated by what they accept is right, regardless of what others may think ;
- Knowing they are similarly tantamount to other individuals; neither better nor more terrible, however, they might be better or more regrettable at specific exercises;
- Not fussing a lot about the past or future; they gain from their errors and get ready for the future, however they embrace the here and now;
- A wide scope of interests;
- Empathy toward others and no pleasure in the mishap of others, and;
- A comprehension of the worth they bring to the table with regards to their family and companions.

Numerous variables can add to low confidence. This can incorporate weight, physical appearance, knowledge, physical handicaps, neediness, peer dismissal or misuse. An individual with poor confidence may show the accompanying signs:

- An over the top want to be preferred and to if it's not too much trouble
- Excessive self-analysis and constant disappointment with themselves ,
- Pessimism and a negative point of view,
- Taking any analysis as an individual assault, and disliking input,
- A dread of missteps that much of the time prompts inaction,
- Perfectionism, which prompts even lower confidence when flawlessness isn't accomplished,
- Excessive dwelling on past missteps,
- Envy and disdain toward others, and
- Viewing any misstep they make as unfixable and reprehensible

These are ways in which you become self-empowered.

22. Self-Acceptance

Like self-esteem, as kids, we are ready to acknowledge ourselves just to the extent we feel acknowledged by our folks. Studies have shown that before the age of eight, we cannot define an unmistakable, separate feeling of self - that is, other than that which has been transmitted to us by our guardians. Therefore, if our folks were not able, or reluctant, to impart the understanding that we were very all right and adequate - independently, that is, of our difficult-to-control, in some cases errant practices - we were prepared to see ourselves as undecided. The real respect we got from our folks may have a relay on how we acted, and unhappily, we discovered that a vast number of our practices were not satisfactory to them. Therefore, knowing ourselves with these unacceptable practices, we unavoidably came to consider ourselves as in many ways, insufficient.

Furthermore, unfriendly affectionate assessment can, and every now and again do, go a long way past objecting bad practices. For instance, guardians may convey to us the general message that we are selfish - or not beautiful enough, intelligent enough, good or "pleasant" enough . . . Etc. Because of what most psychological well-being experts would concur reflects an unpretentious type of psychological mistreatment, practically we all come to view ourselves as just restrictively worthy. As a result, we figure out how to respect numerous parts of our self adversely, agonizingly disguising feelings of dismissal experienced because of excessively critical guardians. This habit toward self-criticism is at the core of the more crucial part of the problems that, as grown-ups, we accidentally make for ourselves.

Likely, how the human mind works, it is practically unimaginable not to parent ourselves to how we were parented initially. If our guardians managed us in a harmful way, as grown-ups, we would discover a variety of approaches to sustain that uncertain torment onto ourselves. If much of the time we are disregarded, castigated, accused, chastised, or physically punished, we will in some way or another devise a method to proceed with this self-outrage. So, when (metaphorically, at any rate) we "beat ourselves up," we are regularly being next to our folks' lead. Depending greatly on them, when we younger - and therefore encountering slight influence may scrutinize their varied view on us - - we felt mostly obliged to acknowledge

their negative evaluations as substantial. This is barely to state that they always put us down. In the past, guardians are undeniably popular to tell us when we do something that disturbs them than to recognize us for our increasingly positive, masterful social practices.

In thoroughly understanding our present thoughts about ourselves, we additionally need to include the dissatisfaction and analysis we may have been gotten from kin, different relation, educators - and, particularly, our friends, who (battling with their own self-questions) could scarcely oppose ridiculing our weakness at whatever point we innocently "uncovered" them. In any case, it is realistic to expect that practically we all start maturity stricken with a specific pessimistic predisposition. We contribute a typical inclination to accuse ourselves or to consider ourselves to be somehow flawed. It is as if we all, to whatever magnitude, support the ill effects of the equivalent continuous "infection" of self-doubt.

Tolerating ourselves genuinely (regardless of our insufficiencies) would have been practically programmed had our folks passed on an overwhelmingly conclusive message about us--and, plus, we grew up in a typically supportive environment. That is not the case; actually, we have to study how to "certify" ourselves, to justify our crucial ok-ness. In addition, I am merely implying that exclusively validate ourselves has anything to do with confronting contently-- only that we overcome our tendencies for always making a harsh decision about ourselves. If bottomless inside us we are ever to encounter, as our typical condition of being, individual satisfaction and genuine feelings of serenity, we should first meet people's high expectations of complete, unfit self-acknowledgment.

Joy and self-acknowledgment work together

As Robert Holden, notes in his book Happiness Now! "Joy and self-acknowledgment work together. Indeed, your degree of self-acknowledgment decides your degree of joy. The more self-acknowledgment you have, the more satisfaction you will enable yourself to acknowledge, get, and appreciate. As such, you enjoy as much joy as you accept, you're worthy of it."

Above anything else, developing self-acknowledgment necessitates that we grow self-sympathy. Only when we can readily comprehend and exonerate

ourselves for things that earlier thought must be our responsibility would we be able to fortify the relation to self that until now has avoided us.

To embrace a more adoring position beneficial for ourselves- - the essential sign for self-acknowledgment - we should understand that until now we've basically felt obliged to exhibit our value to other people, similarly as the way at first, we reasoned that we needed to submit to the judgmental expert of our guardians. Our endorsement looking for practices from that point forward (misinformed or not) has mirrored the heritage of our folks' restrictive love.

An experiment such as a genuine investigation of what I would call our well-near "widespread situation" definitely creates increased self-sympathy. It's straightforward sympathy that we can figure out how to love ourselves more, and to see ourselves as praiseworthy adoration and regard by very "righteousness" of our readiness to meet (and battle against) what we've formed so hard to acknowledge relative to ourselves.

It could be said, we all carry "conditional love scars" from long ago. We are entire amidst the positions of the " walking injured." In addition, this acknowledgment of our ordinary humankind can aid motivate us in particular feelings of routinely retained generosity and altruism aimed to, not only, ourselves but toward others too.

Toward another more self-tolerating, we should begin by letting ourselves know (frequently and- - ideally - with ever-increasing confidence) that given the majority of our contrarily one-sided self-referencing beliefs, we have done the best we could. Considering, we have to reconsider lingering thoughts of blame, just as our numerous self-reactions and insult. We should challenge ourselves what it is we do not acknowledge dealing with ourselves and, as operators of our inherent recuperating, carry empathy and comprehension to every part of self-dismissal or - refusal. Hence, we can start to break down misrepresented feelings of blame and disgrace relying on gauges that just did not reflect what can do reasonably be anticipated from us at the time.

The famous French articulation, "Tout comprendre, c'est tout excuser" (precisely, "to comprehend all is to reprieve all") is a decree that we should employ in any circumstance as much as to ourselves as to other people. By doing so, we can get a handle on exactly why in the past we were

constrained to act with a specific goal in mind, and then certainly we will be capable of pardoning ourselves for this conduct and abstaining from repeating it later on.

Ending up more self-tolerating requires that we start to value that, at last, we are not certain to a fault for any one thing- - regardless of what in case, it is our expression, knowledge, or any of our progressively sketchy practices. Our activities have all been constrained by a mixture of foundation and science. Pushing ahead, we absolutely can- - and as a rule, think about- - assume liability for means we have harmed or abused others. In any case, if we are to work towards self-tolerating effectively, we should do so with empathy and pardoning in our souls. We have to understand a particular, given our interior programming to that point; we could barely have acted differently.

"Self-Pardon"

To get ourselves free and continuously develop a condition of unlimited self-acknowledgment, it is vital that we distinguish a frame of mind of "self-pardon" for our transgressions (regardless of whether it is real or not). Finally, we may equal come to understand that there is nothing to pardon. For disregarding what we may have determined before, we were, one might say, always guiltless - doing the best as it could be expected, given (1) what was inborn (or hard-wired) in us, (2) how convincing our needs (and emotions) were at the time, and (3) what, in those days, we accepted about ourselves.

That which, at last, decides most hazardous conduct is connected to standard mental protections. In addition, it nearly verges on the remorseless for us to accuse ourselves-- or hold ourselves in disdain - for acting in manners that at the time we considering we needed to shield ourselves from nervousness, disgrace, or enthusiastic pain largely.

Still, it speaks of a fundamental piece of our inclination and must be practically coordinated if we are to turn out wholly. For as long as we will not acknowledge - or somehow oblige - split-off portions of self, full and restrictive self-acknowledgment will remain perpetually distant.

When we are ready to thoughtfully comprehend the inception of these drab, passive pieces in us, any self-assessment attached in them starts to feel harsh as well as shameful too. In fact, for all intents and purposes everyone

has forbidden (and perhaps, absurd) motivations and dreams - regardless of whether they involve hurting somebody we find offensive, practicing unbridled control over others, or (for sure!) successively nude in the boulevards. When we are ready to perceive this, we are besides well while into accepting ourselves without conditions. Valuing that, however unusual or unfortunate, the vast majority of our "malicious imaginations," are presumably minimal envisions allowance for insults, damages, or hardships we encountered in the past, we can now reconceive our "variations" as, well, rather typical.

Further, even as we come to acknowledge our shadow side, we can still keep up intentional authority over how these pieces of us are communicated - that is, in manners that can guarantee wellbeing both to ourselves as well as other people. For as long as we have had the option to re-associate with our deepest, most genuine self, we will be originating from a position of affection and care. Therefore, it is not in us to do whatever would damage our natural inclinations toward sympathy and recognizable proof with all humankind. Owning and incorporating our different aspects is an extraordinary encounter. In addition, when we- - or really, our self-images - never again feel separated from others, any vile rationale to do them harm vanishes.

It should be clear by now that self-acknowledgment has nothing to do to occupy self-improvement in that capacity. For it is not tied in with "fixing" anything in ourselves. With self-acknowledgment we are simply - non-judgmentally- - certifying our identity, with whatever qualities - and shortcomings - we have at the time.

The issue with an emphasis on personal development is that such a direction unavoidably makes self-acknowledgment restrictive. Besides, we cannot ever have a sense of safety or adequacy so far as our self-respect relies upon always bettering ourselves. Self-acknowledgment is this moment situated - not future arranged, as in: "I'll be alright when . . ." or "When I achieve . . . I'll be alright." Self-acknowledgment is about being alright, without any capabilities - period. It isn't so much that we overlook or deny our deficiencies or frailties, simply that we see them as insignificant to our fundamental acceptability.

At long last, it's we- - and only we - that set the models for our self-acknowledgment. Furthermore, when we choose to quit reviewing

ourselves, or "keeping track of" ourselves, we can embrace a mentality of non-evaluative pardoning. Actually, when we avoid our deep-rooted habit for studying, and re-reviewing, ourselves- - endeavoring rather comprehend our past practices humanely - we'll see that there's actually nothing to pardon (recall, "Tout comprendre..."). Positively, we can promise to improve later on, but we can also acknowledge ourselves accurately as we are today, paying little heed to our deficiencies.

And here I can't maintain sufficiently that it's conceivable to acknowledge and cherish ourselves and still be focused on a lifetime of self-awareness. Accepting ourselves the way we do not mean we'll be without the inspiration to make changes or enhancements that will make us progressively viable, or that will advance our (and others') lives. It's basically that self-acknowledgment is not in any way attached to such changes. We don't need to secure our self-acknowledgment effectively: we just have to change how we view ourselves. So, changing our practices turns out to be exclusively a matter of individual inclination - not essential for more prominent self-respect.

It's really about hailing from a very different place. If self-acknowledgment is to be "earned," an outcome of buckling down on ourselves, then it's restrictive - dependably in danger. The continuous "work" of accepting ourselves can never be finished. Even scoring an A+ in whatever endeavor we're utilizing to rate ourselves can offer us just a brief reprieve from our strivings. For the message we're giving ourselves is that we're only as beneficial as our most recent accomplishment. We can never "land" at a place of self-acknowledgment since we've accidentally characterized our mission for such acknowledgment as everlasting.

In holding ourselves to such perfectionistic guidelines, in any case, we may incidentally be approving how our very own cherishing guardians managed us. However, we're unquestionably not accepting ourselves- - or treating ourselves with the thoughtfulness and thought our folks flopped enough to accommodate us.

To finish up, only when we're ready to give ourselves unqualified endorsement - by creating more prominent self-sympathy and concentrating considerably more on our positives than negatives- - can we finally pardon ourselves for our failures, just as surrender our need for others' endorsement. Most certainly we've committed errors. But then, so has every

other person. Our personality is not really equivalent to our mistake (for such a linkage would speak of an unfortunate instance of "mistaken identity"!)

At long last, there's no reason as to why we can't choose right now to change the underlying feeling of our identity. Furthermore, we may need to remind ourselves that our different shortcomings are part of what makes us human. If every one of our flaws and failings were all of a sudden to vanish, my pet hypothesis is that we'd right away transform into white light and disappear from the face of this planet. In this way, in the quest for genuine self-acknowledgment, we may even need to take particular pride in our flaws. All things considered, were we past critique in any case, we'd never have the chance to ascend to this extraordinarily human test.

23. How to Take Control Your Thoughts, Your Emotion and Your Life

We all have, at some point, struggled with negative thoughts; for some, the struggle seems to be a permanent thing. The habit of negative thinking will lead to negative emotions; all emotions are a product of our thinking. Negative thinking is that inner voice that always leaves you worried, anxious, stressed, and depressed. Negative thinking leads to low self-esteem because the inner voice will always whisper that you are not good enough. You become a paranoid person even when there is no reason to, and for this reason, your relationships with people are affected as well as your physical and mental health.

Negative thinking also makes a person feel useless and hopeless because you are at a dark place where, for you, everything has a fault. In a relationship when your partner loves you too much, you start thinking that you are being taken advantage of. Nothing can be all-round good for a negative thinking person; the inner critic has to find some fault. That is why it is important to change your thinking to positive thinking, and it will transform your life all around, from emotions to a happy, fulfilled life. The reason why you get up and feel ready to face the world, to meet with friends and loved ones without fear of being judged, is because your emotions are high. Your emotions allow you to love and be loved, to give and be given, but your thinking influences emotions. People sometimes badly want to break free of negative thinking; they can see how negatively it is turning them into and feel they have to get rid of it. However, sometimes, they use methods that will only stop it for a while, stopping for a while is great for the moment. These methods include distracting oneself for the moment and diverting the mind to other things. This will work for a while, it solves the situation for that moment, but unfortunately, the brain is bound to go back to negative thinking after some time. Research says that when you use distractive and diversion methods, in the long run, it will work poorly. This is because you might be deceived that the methods are working, and when they seem to recur, you may end up frustrated and depressed. Transforming your negative thinking into positive thinking requires patience, practice, and persistence, even when it does not seem to work. The following are some of

the negative emotions that occur when we allow negative thinking to dominate within us :

Anxiety- we all experience worry about things are going wrong or things not happening as we would want them to even before they happen. This worry of maybe the relationship will not work will come from the mind when we think that we are not good enough for our partners. As a result, we will have the emotion of anxiety in the relationship because we allowed the negative thinking of fear to stick in us. Whatever negative thinking that brings fear eventually leads to negative emotions of anxiety.

Self-criticism - sometimes, the mind will tell us that we are not good enough; it is a fear that maybe we think we are good, but we are not good enough. This thinking will lead us to try to do things correctly in search of good enough. Therefore, you may end up depressed because you think that no matter how much effort you put into something, you are not doing enough. In self-criticism thinking, you are too harsh on yourself and only focus on your flaws even when you deserve a self-pat for doing great. For this reason, you end up frustrated with yourself and develop low self-esteem because you never value yourself enough. The negative thinking of not being good enough leads to the negative emotions of depression and frustrations that could lead to someone wanting to commit suicide. When we allow such negative thinking, we eventually develop negative emotions despite being very good at whatever we do. There is nothing wrong with being ambitious, with wanting to do better, but it only goes to a specific limit before it becomes damaging. This is why self-criticism thoughts should not be allowed to become part of our thought patterns.

Guilt- most times, we find ourselves drowning in thoughts of bad happenings from the past. It is perfectly normal to remember the past, but when we allow these thoughts to be a pattern, we end up with emotions of guilt for the mistakes made from the past. We continue feeling guilty for the choices we made and feel guilty for not having made the right choices, even when it is years since they happened. Remembering the past is excellent because it helps us learn and mature so that we do not make the same mistakes again. However, if we find ourselves remembering the past, not changing or growing from it, then we are forming negative and destructive emotions of guilt.

Life issues – at some point, you will look at life and think that you are so unlucky. The thoughts are unpreventable because sometimes that seems to be the reality. However, when we allow these thoughts to dwell in us, we end up believing that we are surely miserable. Therefore, whenever we experience great things in life, we end up overseeing them because we are stuck in thoughts of being unfortunate. For a person who has this kind of thinking, many great things will be happening around them, but only the negative things will seem to dominate for them. This will bring forth the emotions of feeling worthless and hopelessness. You are always crying for things that are beyond you and never celebrating your achievements.

These are some of the very many negative thinking and emotions that people struggle with day in and day out. No one wants to go through these, and in desperation to get rid of them, there are short-term strategies people use that further complicate the emotions. It is an excellent idea that whenever you are going through bad thoughts that you think could destroy you, or give you negative emotions, you put a label on the thoughts. This will be easier to identify the thoughts when they recur so that you know how to deal with them before they affect your emotions. For example, when you label things that give you fear and make you anxious when you come across them, you can identify and dismiss them. Dismissing in the sense that you do not give too much time to the thought because it will make you start feeling the negative emotions. However, this is a great strategy when you are not so deep into negative thinking and negative emotions. For someone struggling with the two, there needs to be better strategies on how to change the two.

Turning Negative Thoughts and Emotions

Identify Your Thought Pattern

Somehow, thought patterns are repetitive, whether positive or negative. They are the reason for our emotions, depending on what thoughts you keep experiencing. Positive thinking results in positive emotions of bravery, happiness, hope, gratefulness, and feeling of motivation. Negative thoughts, on the other hand, result in negative emotions like shame, fear, anxiety, fear, and depression. The ability to identify our thought patterns helps us learn how to deal with them. It is impossible to get rid of something that you are unsure of how it happens; you need a strategy to help you overcome something you know the existence of. Our thoughts form our character; this

is why the saying goes that we are a product of our thinking. We are controlled by what we think; this is what the brain does; it controls us, tells us what to do and what not to do. It is for this reason that identifying our thought patterns is essential. We can detach ourselves from our thoughts instead of being led by it.

For instance, when you are about to make a presentation at work, and the brain tells you that people there will not like you, you are likely to develop a fear of standing in front of them. However, when you learn your thought pattern leads you to negative emotions of doubt, you can learn not to take your thoughts too seriously. When you take your thoughts to heart, you tend to follow them, dismissing that thought would work so much better. You can feel scared of the crowd you are about to present to, but you can reject it and do the right thing anyway, which is doing the presentation. Learning the thought pattern helps you pick the right thoughts to hold on to, and the thoughts to dismiss. You will discover that you experience both the positive and negative thinking, and it all goes down to you to decide which dominate. You will also obviously know what thoughts make your emotions go low and, therefore, will have a say on the thoughts you attract. We are human beings; we are bound to have both thinking patterns of positivity and negativity, believing them and the power we give the thoughts is what affects our emotions.

We are all bound to have negative thoughts and emotions, the mind will alert you of danger, and as a result, you will experience fear as an emotion. That is perfectly normal for everyone; however, we should learn to detach ourselves from the patterns of negative thinking because this is what makes us form negative emotions over time. The problem is not about experiencing negative thoughts; the problem is carrying negative thoughts too heavily, allowing them to create your character and allowing them to imbalance our emotions. As from the example above, when you think that people will not like your presentation, that is just a thought, everybody at some point has this fear. When you go ahead and do the presentation anyway, you might shock yourself by finding people like it. However, this is only because you identified you were afraid of the crowd, dismissed the thought by thinking others also have at some point experienced the same and presented anyway. So, your identifying fear liberated you from having fear stuck with you as an emotion because in identifying it, you faced it.

Create Awareness

Negative emotions are usually a result of two things; worrying about the future in terms of what it holds for you and how things will play out. In addition, always letting your thoughts to dwell in the past will give you negative emotions of feeling like a failure and guiltiness. When you identify the thoughts that you are mostly focusing on, you can then know how to deal with them. If you are always afraid of how long it will take your relationship to last, when you will die, when you will lose your job, when certain people you love will leave you, then you are generating your emotions from fear of the future. Notice that you will start worrying because you allowed these negative thoughts to become fixated on you.

If you are doing well in the present but keep worrying that the past will haunt you, that you will eventually fail as you did in the past, then you are allowing negative thoughts from the past to dominate you. Being stuck in these thoughts will hinder you from living in the moment from enjoying whatever goals you are accomplishing right now. When you create awareness within you that you are struggling with these, then you can help yourself by coming into your senses. This is possible when you dismiss these thoughts and entirely focus on what is happening right now. Being stuck in the past and worrying about the future will only result in excessive thinking that is usually unhelpful. It will not help us learn anything from the past, nor will it let us prepare for the future.

Being aware of what thought patterns we are trapped in would help us find our senses. It is impossible to experience negative thoughts and emotions when we are focused on reality because even if we worry, we are only worrying about the present. Taking each day at a time, when today goes by, the next day, we worry about something else. We do not find ourselves worrying about yesterday or become anxious about tomorrow.

Being Mindful

We all want to be happy and at peace, but it becomes harder every day as we have different things to handle each day. We have problems that take away our happiness as we try to chase after our goals. We develop a fear of failure as our desires expound every day. That is what adulating is all about we have to experience anxiety and worry, we have to have goals and ambitions in life it is what makes life interesting. However, it is good to be

mindful of everything, people, places, and things that we handle day to day. Being mindful means that we become aware that you live in the moment if you have to worry, worry about what is happening right now. Be alert on everything around you and live in the moment.

In being mindful, you will help your mind become more positive. You will find yourself having thoughts of making that moment worth living and, therefore, will always have positive emotions. You will feel happy, satisfied, motivated, and grateful for every moment you are going through. By being mindful, you are alert that when you attract bad thoughts, they will leave you stressed, therefore since you want happiness, you will be mindful of that joy you desire. Mindfulness is a practice, you have to work on it, and it is encouraged that you do meditation to achieve it. Having some lone time regularly and practicing meditation will attract positive thoughts and emotions .

Question the Negative Thoughts

24. How to Improve Social Skills

The importance of good social skills cannot be overemphasized. It is a vital part of being human and being able to cope with others. It is a vital ingredient that can set you up for success in your career, relationships, and can also determine the level and quality of relationship you have.

The thought of striking a conversation with a stranger or asking a beautiful girl out sends a cold chill down the spine of many. The good news, however, is that you can take a step to build and improve your social skills. Even if you are an introvert, applying these tips can make you appear confident and get along with everyone.

Some tested tips for improving your social skills are discussed below:

Talk a Little More than You do

We are talking about being social here right, and it involves talking! We understand it might be asking a lot that is why the recommendation is for you to talk a little more than usual. Do not just stop at “hi” and “How are you?” To make friends with those around you, you need to really show interest in knowing them. And the best way to do this is by talking.

We understand that small talk can be uncomfortable for socially awkward people. The idea is not to push yourself overboard, rather, we recommend putting a few more sentences out there. As a result of this, you need to get comfortable asking open-ended questions and avoid giving a yes or no answer.

Make sure you practice this at every opportunity you get. It could be at the grocery store or on the bus. It does not have to be an elaborate conversation. It is simply a call to add in a few sentences to express yourself.

This exercise is vital to improve your social skills because putting a restraint on expressing yourself will make you lose the social acuteness important in a social setting to keep people's interest. In other words, when you assume people are not interested in what you have to say, you kill every opportunity and avenue to mingle.

Offer a Simple Compliment

This is one of the simplest things you can do to enhance your social skills. The reward is high, with no risk in any form. As a matter of fact, people

tend to flow toward and appreciate whoever makes them feel good. In approaching other people, what do you fear most? It is typical of people to assume they will make a fool of themselves they will stutter or come off as a bother.

I am not here to give you false hope that your assumption is baseless. My aim is to offer you the antidote which is to say something nice to people, someone, anyone! It does not have to be someone you know, and it could be the girl you always have an eye on, a coworker, male or female, in a group setting, in a train or a bus, anywhere. The idea is to shower many people with compliments and make them feel good. Some samples are:

- Cool watch!
- You have a terrific smile
- I love your smile
- What a neat shirt!
- You are so charming
- What lovely hair

Be sure to make eye contact as you smile. It is very important as you dish out this dose of compliments. It is not about whispering it as you sprint past them. Why is this foolproof? There is zero chance that you can be shut down since you are not putting out a request that can be shut down.

Besides, who does not like it when people notice and say good things about them? When you do this, and accompany it with a smile, there is no way it will not yield good fruit. You have succeeded in catching them off guard in a pleasant way. I bet you, either of two things will happen. Either they respond with a sincere thank you or stand there bedazzled that someone cared enough to notice a good thing about them.

And lastly, since you are not making any requests whatsoever, it is pretty rare that you will be blown off. How awesome it is to be that kind stranger who went out of his comfort zone to make someone else's day!

As a hint, older women, especially those above the age of fifty, respond positively to compliments from everyone. This is a good place to start then as you build your confidence, feel free to progress to the average person on the train. With time, the nervousness will die down and you get better at it.

Bear in mind that there is at least one person who will appreciate your compliment and continue the conversation. This is progress!

Compliment Plus a Simple Question

I believe by now you agree that dishing out compliments to people comes with no harm in any form. Once you have mastered this, it is time to spice it up a little.

If you want to move past just dishing out compliments, you can graduate to adding a simple question. Since your question was accomplished with a compliment, there is little chance the person will shun you off. Here are a couple of examples:

- Your dog is so cute, what is her name?
- Your cat is so lively! Where did you get them from?
- Your teeth are so white, what is your secret?
- Nice boots, where are they from?

Make Yourself Approachable

There are many elements that make up being approachable. We will, however, discuss two critical things that affect how easy it is to approach you. These are body language and facial expression. Bear in mind that people are constantly forming an opinion about others, and these opinions are based on the signal that they pick from you. In other words, people are deciding whether you are approachable without giving you the chance to defend yourself. This is why you have got to pay attention to your body language and facial expression.

What is Your Body Language Saying?

The way you carry your body is constantly sending messages to people. This is why you need to be mindful of the kind of vibe you are giving off through your body language. Folding your hands or crossing your legs, for instance, is a clear sign that you are closed to the conversation or interaction. This is a clear sign that indicates you are not interested in letting another person in. Giving out a slouched posture as well is like requesting that people should not notice you.

Since the way you carry yourself sends tons of messages, you can use this to your advantage. You can project a warm and open body language and

hope that people get the message. This calls for a relaxed and open posture. Let your hands and legs be free. Do not lean against the wall or give a slouched posture, stand straight and be part of the interaction. This will not make you closed off from the others.

What about Your Facial Expressions?

You cannot be making odd and funny faces and expect to get positive attention from people. People will most likely try to predict how you feel by reading your face. Your face is one of the factors that determine people's first impression of you. Wear a smile as often as possible. We are not asking you to be a clown, but be approachable with your smile. Laugh when someone says something funny and even if everything is not going on great, desist from letting it reflect in your face. If you are fond of wearing a straight face and rolling eyes at people, think of the kind of message it exudes. I bet you are not surprised at why you struggle at achieving social success.

Improve Your Conversational Skills

Being a good conversationalist is way different from being vast and able to speak confidently on many subjects. In trying to improve your conversation skills, let this sink into you that a good conversation involves two parties: a speaker and a listener. And contrary to what you might assume, being a good conversationalist does not relate to your ability to talk much.

There is an aspect of active listening. This is a skill on its own, which involves paying attention to the conversation and giving cues to indicate that you are following as the conversation proceeds. For a conversation to be effective, it is important to give out signs that you are following it, and that the conversation is impactful. Even if the speaker does not say it, they are constantly looking for such signs from you, as this is a boost they need to communicate effortlessly. Example of such a sign is nodding, making eye contact, asking a question or even repeating a point that has been made.

You should also make an effort to keep the conversation flowing. One way to achieve this is by asking an open-ended question. These are questions that do not require a yes or no answer. Such questions will make the speaker elaborate more. For instance:

- What do you mean when you said that...?

- What do you think of....?
- Is that the only way to...?

The above is to give you a blueprint of how to keep the conversation going. The good news is that none of the above will give a yes or no response. This will prompt the conversation to flow naturally, giving you the insight to reduce anxiety and improve your conversation skills.

On a final note, it is also vital that you can contribute meaningfully to a conversation. People will value you if you can formulate and share your thoughts and arguments on the matter, rather simply nodding and giving an occasional yes.

Social Skills at Work

People are everywhere, especially in your workplace. Except you run a one-person business, you will need the services of others in your workplace. Even if you do, there are circumstances where you will need the input of others. In every phase of life, where you interact with people, you need social skills. It is one of the factors that can determine your success in the workplace. The good news is that social skills at work can be learned, and that is the aim of this section. If you find out that you are not getting along with people well, it might be that your social skills are lacking.

At work, you will meet various calibers of people, people of various backgrounds, upbringing, and attitude. It is with strong social skills that you will be able to relate with these categories of people. To develop the right relationship with your customers, co-workers, managers, and even juniors, your social skills need to be top-notch. Having explained how important social skills at work is, here are various ways you can them so you have an edge at your work

Managing Relationships

If you are a full-time worker, you will spend an average of eight hours each day at your workplace. That is one third of the hours you have in a day. If you spend this much time with people at work, it shows how vital it is to have and maintain a good relationship with coworkers. With a good relationship, you can get along with everyone, reduce conflict, and improve productivity.

Confrontation might not be the best way to solve a difficult situation at work. Maintain professionalism and politeness, and whatever you want to do, do it thoughtfully.

Empathy

One of the characteristics that will set you apart from others is the ability to understand other people's feelings. You need to listen and relate to other people's concern for you to have an idea of how they feel. This can guide you into helping people proffer solution to their problem since you know and understand what they feel.

Showing Cooperation

In any organization you find yourself within, I believe the firm will have the main goal. Besides, the main purpose of bringing a diverse group of individuals together is to help see such goal to fruition. This is why teamwork is one of the vital skills employers look for before hiring a candidate. Even with various individual task and different job description, the overall goal is the same. This is one of the reasons why you have to develop yourself to relate and work well with others.

It is the positive collaboration of the people in the company that will make it successful. As a result, people should be clear about their roles and what is expected of them. Make sure you encourage collaboration between coworkers and team members even if you are not the team leader. It is an attribute that will speak for you, if not now, in the future.

Showing Respect

There is this cliché that respect is reciprocal. If you want people to respect you, you have to show them respect. By respect, we mean being polite, mindful of your manners, being mindful of people's feelings, displaying good etiquette, and of course being mindful of how you address others.

Besides the points listed above, there are other ways you can show respect. Be sure to not interrupt people, or if you do, apologize for it and do not make a habit of it. Being a good, active listener is one of the most important ways you can show someone you value them and respect them. Even if you disagree with another coworker's opinion, do it respectfully. Be sure to listen actively while having a conversation and try not to interrupt. These simple skills go a long way in determining your success.

Be Mindful of Your Body Language

When it comes to social skills, the importance of body language cannot be overemphasized. This is why a whole section will be dedicated to body language in the later course of this book. From my research into body language, I have discovered that a person's body language can heavily contradict their words or the message they are trying to convey. In other words, even if they say one thing, their body is relaying a totally opposite message. As a result, it is not always about what you say, but how you say it.

In the workplace, be sure to always maintain an open and friendly body language, the type that is approachable. You cannot be carrying a stern face around and expect people to relate freely with you.

Speak Clearly, Confidently and in an Acceptable Tone

In building social skills at work, you want to appear confident. This calls for speaking clearly when you are engaged in any conversation. It is not about speaking very fast. Confident people pick their words without the pressure to speak fast.

In addition to speaking clearly, you also want to make sure you are using the right tone. Excessive loud tone can end up distracting everyone around, especially if it is an open workspace. We recommend taking note of how your coworkers communicate.

Join in Office Discussions

I am pretty sure you are not expected to work for eight or nine hours straight at work. There will be time for chitchats, lunch, and various other office discussions. It could be chats on entertainment like soccer or the latest movie, politics, etc.

Be confident enough to take part in such a conversation. Should an argument arise, be confident enough to present your points logically while respecting other people's opinion. And when other people's point is justified, against your view, be mature enough to acknowledge that you are wrong.

Practice Active Listening

There are many parts to active listening. It goes beyond allowing the words someone speaks to enter your ears alone. It involves giving complete

attention and focus, with your body language all pointing to the fact that you are paying attention to what this individual is telling you.

Active listening involves putting forward a body language that shows that your attention is with the person. This calls for doing away with your mobile phone, computer, and pen. Not only is it a good way to show respect, but it also helps you understand the message being passed across better.

There is a Thin Line between Being Assertive and Aggressive

Everyone is entitled to their opinion, and everyone cannot have the same opinion on a subject. Even at that, sharing what you feel about a subject is not a crime, even if it means disagreeing with others. However, you have to be mature enough not to make others feel bad or stupid for sharing an opinion different from yours.

The ability to disagree and yet remain professional is an attribute you need to have.

In Conclusion

Without a doubt, it is important to pass here that without adequate social skills, you cannot survive in the workplace. Besides, even if you manage to survive, it can determine how far you go and your success. People who get what they want and get on the good side of their boss, have good social skills as one of the main factors that made this possible.

The good news is that you can take steps to work on your social skills. With some training and practice, you can take the necessary steps to develop your social skills in the professional setting.

25. How to Develop Social Skills

Sometimes you may have a progression of conversations, yet you aren't getting good responses from the people you're attempting to talk to, and you don't know why. It's difficult to see outside yourself and get a target sense of why you probably won't make the best impact on people. There are a couple of ways things could be turning out badly:

Reasons that lie with you

You're not really doing anything wrong by any means, however you're shaky and seeing indications of dismissal where there aren't any. You at that point give up too early on interactions you "know" have gone south.

Your conversation and bashfulness the executives skills aren't sufficiently developed at this point, and your interactions are stilted.

You're anticipating a lot from different conversation strategies and think you simply need to use them and everybody will in a flash like you.

- Your nonverbal correspondence is putting people off.
- You make one of any number of potential slip-ups when making conversation.
- Reasons that lie with the people you're talking to
- You're attempting to interact with people who wouldn't normally click with somebody like you.

You're in a statistic that the people you're attempting to talk to will unreasonably expel (for instance, if you have a Southeast Asian foundation and you're living in a little disapproved of generally white town).

In case you're reliably not getting good reactions from others, the best thing you can do is approach a steady person for some feedback on how you go over. Finding somebody to do this can be extreme because numerous people will be hesitant to be direct with you. They feel ungainly about potentially offending you or stress you'll take their remarks severely. What's more, you might not have any desire to ask because it's terrifying to energetically open yourself up to analysis and hazard hearing something that may make you feel awful about yourself. This is another situation where an expert advisor can be useful. They'll be straightforward, and they'll word their investigate

in a touchy and productive manner. They're likewise a fair-minded outsider, so their feedback will presumably sting not exactly in the event that it originated from a friend or family part.

Guide to Make Friends

1. Be Comfortable with All Strata of Society

A socially skilled person can coexist with people over all strata of society. Not really every person, except each kind of person. This is a useful skill and it's additionally an important benchmark. You could depend on commonality with a clone of yourself, however should really practice your social skills when attempting to relate to somebody with whom you share little for all intents and purpose. If you can't do that, at that point you might be skilled at identifying with people with whom you are good with, however not be socially skilled.

Commonality is an easy route to affinity, and a good one to use if it's accessible. Yet, sometimes the most interesting conversations and friendships occur between people with little commonality. All things considered, by definition, if you share less for all intents and purpose there's all the more new region to investigate.

Building this skill requires travel outside of one's customary range of familiarity, just as thinking about shrouded frailty. Toward one side of the range it's conceivable to feel sub-par compared to people you appreciate, just as you don't have any an incentive to add to the relationship. On the two finishes, absence of commonality can be a hard hindrance to cross, particularly if it's apparent that you're from various foundations and the other person is intimidated by it.

Somebody who is comfortable interacting and befriending people in all strata of society will feel comfortable in almost every situation, positive about his ability to add to any interaction of which he's a section. He'll have more chances to share what he knows with others, just as the ability to learn from experiences that he may never have personally.

2. Be a Net Addition

Past simply coexisting with people in all strata of society, you need to by and large be a net constructive to any social situation in which you're put. If

somebody was eating alone, and you were to go along with them, that should make their lunch better. If a couple of friends are having tea together, and you get invited, your quality should make everybody make some better memories. What's more, if you go to an enormous party or event, despite the fact that your effect will be relatively littler because of the size, those you interact with ought to be happy that you were at the party.

Being a net addition is not the same as just not being a net negative. Being essentially impartial is regularly a negative, as you are taking up a participation slot that could have been used by another person who could have been an addition. It's imperative to proactively add to social situations.

Most social circles are really arrangement of concentric circles. There's the little inward nucleus of people who arrange and get invited to everything, and without whom events wouldn't occur. At that point there's the following ring of people who are constantly welcome, yet could never uproot an individual from the nucleus. Outside those two circles are people who typically get invited, however just if space grants. Or then again perhaps they have certain personality characteristics that make them contrary with others in that circle, which means the core group must pick who gets invited and who doesn't.

The nucleus is involved the people who are net additions, and who arrange events. The following circle is the individuals who are likewise net additions. The circle farther is people who are "not pessimistic". Sometimes they add, sometimes they're impartial. They're decent to have around, yet not a definite enough thing to make sure they go to each event. Past those rings are people who are sometimes or constantly net negatives.

By guaranteeing that you're constantly a net addition, regardless of whether you're not a tremendous one, you will significantly expand the quantity of events to which you are invited. Other than being fun and important, these solicitations will furnish you with events at which you can practice your social skills, making an idealistic cycle.

3. Build a Quality Friend Group

With the conceivable special case of your day by day propensities, nothing will impact your life to such an extent as your core friend group. Regardless of whether you're aware of it or not, you are constantly formed and

impacted by those closest to you. You'll get counsel from them, assimilate their idiosyncrasies and propensities, and even intuitively receive a portion of their opinions.

The vast majority's friend groups are the result of luck and energy. With such a great amount on hold, picking those closest to you ought to be an intentional choice. The chance and ability to systematically build a social circle will improve your life just as the lives of those in the circle.

The objective is to build a social circle that will both test and support you, contingent upon what you need at the time. The correct friend group will be an instance of the total being more noteworthy than the parts, all friends propelling all the more effectively through life, getting a charge out of the ride more, and learning more.

4. Establish Emotional Independence from Acquaintances and Strangers

We as a whole need enthusiastic support now and again. Regardless of whether it's somebody to sit

Down and sympathize with you during an intense time or somebody to brighten you up when you're feeling awful. In any case, get that support from the perfect people, and not to impose that need on other people who aren't prepared to fulfill it.

A friendship resembles a financial balance. The more you put in, the more you can take out. I have friends who could be hopeless and insufferable for quite a long time, and I'd let them remain at my place and put forth a valiant effort to assist them with returning to a good mental spot. I wouldn't do that for strangers. With my friends I have a long and positive history, with such huge numbers of good recollections, experiences, and feelings, which they could draw from me for a long time before I'd feel any kind of imposition.

Furthermore, obviously, I feel a similar route about my friends being there for me. I give a valiant effort to require little from others; however I have a group of close friends who might cheerfully give me whatever support I required if a situation emerged.

Be that as it may, what happens when somebody needs outside support yet doesn't have close friendships? In the event that he can't tackle the issue himself, he winds up forcing on acquaintances. This is unwanted not because it creates an imposition on the associate, yet in addition because it

harms that relationship and diminishes its probability growing into a significant friendship.

Arriving at this objective requires a two dimensional approach: turning out to be sufficiently independent to possibly impose when fundamental, and building such an adequately powerful group of close friends that it's for all intents and purposes difficult to overdraw on the friendship bank.

A person who is sincerely autonomous from acquaintances is in all likelihood limiting the impositions he creates on his friends, but at the same time is making it simple for new people to turn into his friends, since he asks nothing from them in the beginning periods of the friendship.

5. Have the option to Handle Oneself Socially in Any Situation

Like having the option to relate to people over every social stratum, it's additionally important to have the option to deal with oneself in any social situation that may emerge. A good litmus test is to ask whether somebody would feel comfortable acquainting you with any of his friends or welcoming you to any event.

For instance, would you be able to fight for yourself in case you're dropped into a party? Would you be able to start up conversations with strangers and be a net positive without your friend acquainting you and having with make sure that you're dealt with?

Imagine a scenario in which you're stuck talking with somebody you don't generally like. Would you be able to be relied upon to be affable, not alienate them, and perhaps be a net positive to them? Imagine a scenario in which everybody in the party chooses to go to a café, and it's not the kind of nourishment you need to eat. Will you come and make it best?

This is so significant because it legitimately influences the quality and amount of introductions you get, which will probably be an essential input into your social life. If the introducer can put you into any situation and expect that you will be a benefit, regardless of whether you don't make an association with the person he's acquainting you with, you will get a lot more introductions.

Additionally, if you don't need to stress over the setting of your interactions, just being comfortable in specific environments, that is one degree of

tension that won't get in the middle of you and the people with whom you socialize.

6. Make People Like You More the Longer They Know You

Early introductions are important, and we'll talk about them in detail, yet it's your suffering effect that will decide how profound your friendships become. To have phenomenal friendships, and to boost the open doors for easygoing friends to turn into good friends, you should be the kind of person who turns out to be far and away superior with additional time.

We as a whole know people who are the inverse. They're fun to have in large groups, because you can talk with them for a couple of moments, however two hours with them would make you insane. It's shocking to see people like this sometimes, because you realize that they're good people with good aims and a lot to offer, yet their social skills alienate others.

In a perfect world you need to feel as if anybody might want you, given enough time with you. This shouldn't generally even be a scope - it's an initial step. Build up your social qualities, cut out shortcomings, and you're there.

If you don't have this now, you'll need to give unique consideration to the segments of the book on dispensing with social shortcomings. In case you're a good person with a few

Exceptional life experience, which I'm expecting you are, you're affable in the long haul. In the event that you find that people don't anxiously take care of business to become friends with you, it's most likely because you're committing some effectively correctable social errors that push them away.

Emotion

A lot of talking is taking the other individual on an emotional adventure. You consider where they are emotionally, just as where they need to be, and you utilize the emotional channel to manage them there, or keep them there in the event that they need to remain in a similar spot.

For instance, suppose you meet someone at a concert. They're energized and having a ton of fun, which is actually why they are at the concert, so they need to keep up that state. If you start a genuine talk about business, you are terribly miscommunicating on the emotional channel. Regardless of

whether they truly appreciate business and being not kidding, it's so unseemly in this setting they'll withdraw from the conversation.

Then again, you could likely talk about business in a truly energized tone, and they'd draw in with the conversation. The precise setting would direct whether it would work or not, however plainly it's a lot superior to attempting to be not kidding.

Consider someone who had a terrible day and is baffled. They most likely need to move to being happy and quiet. You can gradually lead them toward that path by making the conversation progressively positive. Possibly you'd start by coordinating their tone and asking them inquiries about the day, and afterward gradually carry some positive thinking to the conversation.

Then again, in the event that someone were vexed in light of the fact that they had a passing in the family, however, they most likely would prefer not to be happy. It just feels wrong. Perhaps they need to feel comprehended and upheld. You could convey those things emotionally by tuning in, posing inquiries, and offering to get things done to help.

Few out of every odd conversation is spiked with emotion, yet there's normally some emotion there. On the off chance that it's weariness, you must change that when you can. In case you're simply becoming acquainted with someone, perhaps you'd need to emotionally convey a smidgen of riddle about yourself just as fervor about becoming acquainted with them. Know about the emotional tone of conversation and consider the headings you could move that emotion.

26. Understanding Anxiety

Understanding Anxiety and What It Represents Nowadays

In medical terminology, anxiety disorder generally relates to a state of nervousness or discomfort. Anxiety disorder is one of the most prevalent illnesses in mental health. It is described as a critical mental disorder that can eventually contribute to chronic anxiety. It generally occurs because of job stress, a very limited job schedule that tends to interrupt the mood or conduct of an individual. However, if adequate anxiety treatment is not well pursued in a moment, it can even damage a person's mental state.

An individual suffering from an anxiety disorder often encounters a long-drawn-out sensation of pain or fear and discomfort. This disease may also hurt interactions with friends, family, and peers.

You have a sudden feeling of impending doom, but you can't say what's causing it; your pulse is much quicker, you're shaking, you might be shaking, and you're capable of breathing. This episode continues for a couple of minutes, and then you recover command. You may have just had an anxiety attack.

What are the assaults of anxiety? They're panic attacks, just by a different title. The same symptoms that one encounters during a panic attack are the same signs that one has with an anxiety attack.

They happen without warning and are generally defined as a sudden assault of anxiety and terror that will lead your body to respond as if you were in real damage. Because they're sudden, there are a lot of individuals in public, and this contributes to a spiral of more concern and anxiety over the panic assaults themselves. This concern that one is going to have an assault is probable to lead to another assault. As a result, it's essential that you understand what to do after an episode to minimize your likelihood of recurrence.

Many ordinary people suffer from anxiety, or when they mention, in passing discussion, that they suffer from anxiety regularly. But what's the anxiety about? Anxiety is the word used for various illnesses that can transform into physical disturbances triggered by being tense, nervous, and anxious. There are distinct types of anxiety where you may have moderate

anxiety, which may be disruptive to more serious diseases that trigger mental and physical health issues.

Anxiety is often just a normal and safe emotion, but when it begins to impact a person's quality of life and makes things more difficult to do regularly, there is an issue. It is vital for an individual to seek medical help to find appropriate therapy for their situation.

Everyone gets nervous from moment to moment, but when it prevents you from dealing and distracts your regular lives, you're sure to think about having assistance. Anxiety disorder can create you feel highly nervous all the time, even if there is no reason to feel that way. These distressing emotions may be so highly awkward that you can prevent some of the operations that used to be so common and simple for you.

What Are Anxiety Disorders?

Anxiety disorders are situations of people who create intense fear and anxiety for actual or imagined purposes. It has been categorized as a psychiatric science since the last century when it was noted that fear and apprehension could influence the mental and physical tasks of those affected. It manifests itself in multiple diseases that are categorized as mental anxiety, physical stress, and panic attacks. In many cases, anxiety continues even if the perceived danger or feared object is no longer present.

To reply to the query, "What are anxiety disorders," it would assist if its signs were defined as well. It is not unusual for an individual to experience true pain and fear followed by nausea, mistaken thinking, difficulty breathing, and shaking, which can last from a few minutes to a few hours. Fear of circumstances, items, individuals, or pets is regarded as phobia and is regarded as a type of anxiety disorder. Usually, this is caused by a poor experience concerning a feared item, condition, or creature. For example, the fear of snakes may be triggered by a poor experience involving snakes. Obsession is also regarded as a type of anxiety disorder. Obsessive emotions for individuals, items, or situations can trigger an unusual mental malfunction, turning an intense obsession into compulsive behavior. Another associated anxiety is anxiety about separation. Excessive connection to an individual can trigger a loss of command when an individual is detached from his loved one. In this scenario, a favorable emotion like affection becomes an abnormality if it is strongly felt for the

person. When the beloved is segregated, the activities of the individual concerned become unreasonable. The detachment findings in trauma and the pain it creates are severe.

The classic instance of an anxiety disorder is that when an individual is faced with a constant danger or chance of ruin or illness from a job or company, he or she is constantly experiencing prolonged fear for hours or days at a moment. Episodes of this kind are better recognized and defined as panic attacks. In panic attacks, the emotional state starts to influence the physical state, and physical signs such as nervousness, shortness of breath, and enhanced heartbeat are experienced by those affected. Anxiety can sometimes take up to six months to become a persistent illness.

Anxiety disorders may also influence kids who suffer from unusual workings of their teaching procedures and social relations when they are afflicted by constant concerns and concerns. They suffer from mental depression, lose their thinking skills, and completely fail in school activities. Even their physical health is impacted as most impacted kids experience dysfunctions such as diarrhea, stomach upset, enhanced heart rate and blood pressure, nausea, shortness of breath, and many other diseases. Many will eventually benefit from sleeping issues that only worsen their situation. Separation anxiety also influences kids, and the most severe instances of this sort are those concerning kids.

It is essential that easy concerns faced by kids do not become an anxiety disorder. A healthy family atmosphere helps to avoid such stuff from happening. But in case the inevitable occurs, it is always a good idea to get professional guidance and provide therapy for these illnesses. Psychotherapy was the finest remedy when the signs noted confirm that the children's fears belong to the class of anxiety disorders.

The Six Anxiety Disorders

Anxiety generally grows when someone faces something that is out of their comfort zone and can, therefore, be a lot of difficult circumstances. For instance, if you were going to pass an exam, go to an interview or offer a lecture. It impacts individuals in distinct respects because, for some, these circumstances can be deemed ordinary, but for many others, they can impact your whole lives, such as being unable to sleep, making errors at a job, or being unable to eat correctly. In particular, anxiety occurs when the

response is excessive with what is generally anticipated. Anxiety disorders can be categorized into more particular kinds of disorders. Below are the most prevalent types of anxiety.

Agoraphobia / panic disorder

A lot of this is trained conduct. For instance, when you are driving, you encounter a panic attack, and riding can cause your anxiety from this stage forward. It's very feasible that the two of them have nothing to do with each other, but the link has been integrated into your brain.

Agoraphobia or adult separation anxiety is a fear of being powerless and alone in the perception of excellent internal risk. This is often articulated as fear of dying, going mad, or losing control of one's conduct. Agoraphobia may contribute to patients staying close to familiar locations and individuals. It could degenerate to the extent of not leaving home.

Specific phobia

Specific Phobia is a type of situational anxiety, such as fear of flight, fear of heights, fear of insects or snakes, or claustrophobia. It's not just an act of fear; it's a real fear that manifests itself in anxiety or panic. Specific or single physicians are situational linked and can be healed by separating themselves from a case or condition that causes anxiety. However, what at first appear to be specific phobias are, at the root, manifestations of agoraphobia that appear to be various phobias. In other words, you may be suffering from agoraphobia if there are a few activities that make you panic or worry.

Social phobia

Social Phobia is pathological anxiety manifested specifically as a fear of embarrassment, which may be restricted to public speaking or may be composed of a worldwide shyness that confines social interactions, including dating, marriage, and relationships. People with personal phobia often have poor self-esteem and think that they are not nice enough. These can be kids who have been picked up or who have overprotective relatives. While agoraphobic individuals are scared to be alone, individuals who have personal phobia often tend to be alone.

Generalized Anxiety Disorder

General Anxiety Disorder (GAD) is a sheer concern! General anxiety involves times of severe anxiety and stress. The combined impacts of GAD overtime on the body. People who have a nervous breakdown or a middle-age crisis often suffer from long-term GAD. In general, GAD does not arrive with panic attacks, phobias, or pathological timidity. It's the basis of all anxiety disorders, but it doesn't imply you're going to have any of the other diseases. Someone who always seems strained, or is always worried, may suffer from overall anxiety.

Obsessive-compulsive disorder

This form of anxiety is generally described by obsessions, which are unwanted and intrusive ideas, generally of a brutal or sexual nature. People with obsessive-compulsive disorder (OCD) are trying to rid themselves of these hateful ideas. People with OCD think that their ideas may harm themselves or others. It's not accurate; the ideas are just that, the ideas.

Post-traumatic Stress Disorder

Post-traumatic stress disorder is an anxiety associated with a very stressful or life-changing scenario that someone has just passed through. Some instances may be, whether they are engaged in brutal crime, conflict or fighting, the murder of a loved one, or in a horrible incident. PTSD includes flashbacks that seem so genuine that an individual may think they're experiencing the incident again. Avoidance is an instrument for individuals who have PTSD. For instance, an individual who has been engaged in a plane accident but has been living can prevent flights and aircraft completely.

Not everyone who gets a lot of stress will suffer from PTSD. Everyone's dealing with stress differently. Everyone is experiencing a traumatic event, and the memory and pain of the incident start to disappear after a few months. This is how we're going to be prepared to deal with lives. Can you think that if the grief you feel about losing a loved one was just as strong and as true five years ago? We couldn't live a life like that, but think what? People who have PTSD were living it all those years ago. This considerably disrupts the lives of the sufferer over the years.

All six anxiety disorders are focused around the same fundamental base of pathological anxiety and unusual brain chemistry. Most individuals will be affected by one of these illnesses, but some individuals may experience

signs of various illnesses, or their behaviors may alter over the years, and one disease may shift to another illness. While it is essential to know and comprehend what kind of anxiety you may have, it is similarly essential to understand how each disorder operates and how it can influence one another. Go and see your doctor, as always!

Who Suffers From Anxiety Disorder?

These fresh results originate from the world's most extensive study of anxiety and depression studies to date, released by scientists at Queensland University.

In two distinct research of anxiety disorders and significant depressive disease (i.e., clinical depression), the writers discovered that clinical anxiety and depression surveys were performed across 91 nations, involving more than 480,000 individuals.

The results, reported in *Psychological Medicine*, indicate that clinical anxiety and depression are severe health problems around the globe .

Anxiety disorders have been more frequently recorded in Western societies than in non-Western cultures, even those that are presently facing war.

Clinical fear influenced around 10% of the population in North America, Western Europe, and Australia / New Zealand, as opposed to around 8% in the Middle East and 6% in Asia.

The reverse was true for depression, with individuals in Western countries most likely to be depressed.

Depression has been discovered to be the smallest in North America and the highest in areas of Asia and the Middle East.

Approximately 9 percent of individuals have significant depressions in Asian and Middle Eastern nations, such as India and Afghanistan, opposed to around 4 percent in North and South America, Australia, New Zealand, and East Asian nations, including China, Thailand, and Indonesia.

Alize Ferrari, the lead author of the depression research, claims results suggest that depression appears to be greater in areas of the globe where there is a dispute .

It warns, however, that it may be hard to acquire excellent performance information from some low-and middle-income nations.

"More study is needed on the techniques that we use to diagnose depression and assess its incidence in non-Western nations, as well as more study on how depression happens over a lifetime," she claims.

The lead author of the anxiety research, Amanda Baxter, also called for caution when comparing mental disorders across distinct nations.

"Measuring mental illnesses across societies is difficult, as many variables can affect the recorded incidence of anxiety disorders," states Baxter.

"More study is also required to guarantee that the criteria that we are presently using to diagnose anxiety are appropriate for individuals across cultures." Major depression and anxiety are discovered more frequently in females than in males.

The research also discovered that while clinical depression is prevalent throughout the lifetime, anxiety becomes less prevalent in males and females over the age of 55. About one in 21 individuals (4.7%) will have severe depression at any stage at the moment.

Anxiety—the most prevalent of all psychiatric disorders—currently impacts approximately one in 13 individuals (7.3 percent).

The surveys are the world's most extensive assessments of major depression and anxiety research, the Global Burden of Disease (GBD) study to be published later this year. It will include projections of 220 illnesses, including 11 mental health disorders.

The 2010 GBD Study is the first significant attempt since the initial 1990 GBD Study to carry out a comprehensive systematic evaluation of worldwide information on all illnesses and accidents. Comprehensive and similar estimates of disease burden, injury, and threat variables for 1990 and 2005 with 2010 predictions will be produced.

Women Are Far More Anxious Than Men – Here's The Science

People with anxiety are more probable to skip working days and are less productive. Young individuals with fear are also less probable to join and finish college—translating into fewer life opportunities. Although this proof indicates that anxiety disorders are significant mental health problems, there is inadequate attention provided to them by scientists, clinicians, and policymakers.

Researchers and I at the University of Cambridge wished to figure out who was most influenced by anxiety disorders. To this end, we performed a systematic review of research that revealed the percentage of individuals with anxiety in a multitude of situations around the globe and used strict techniques to maintain the greatest performance of research. Our findings have shown that females are almost twice as probable to suffer from anxiety as males and that individuals residing in Europe and North America are disproportionately impacted.

Why women, huh?

But why are females more probable to encounter anxiety than males do? It could be because of variations in brain chemistry and hormonal changes. Reproductive occurrences throughout a woman's lives are related to hormonal modifications that have been connected to anxiety .

But, concerning the biological processes, females and males seem to encounter and respond differently to occurrences in their lives. Women tend to be more susceptible to stress, which can make them more anxious. Also, when confronted with stressful circumstances, males and females tend to use distinct coping approaches.

Women facing life stressors are more probable to ruminate about them, which may boost their anxiety, while males are more probable to participate in effective, problem-oriented coping. Other surveys indicate that females are more probable to encounter physical and mental abuse than males and that violence has been related to the growth of anxiety disorders. Child abuse has been correlated with modifications in brain chemistry and composition, and according to prior studies, females who have suffered sexual abuse may have abnormal blood flow in the hippocampus, a brain region engaged in the treatment of emotions.

The Worried West

Our evaluation has also shown that individuals from North America and Western Europe are more probable to be influenced by anxiety than individuals residing in other areas of the globe. It is not clear what might account for these distinctions. It could be that the criteria and tools that we use to assess anxiety, which has mainly been created for Western communities, may not capture cultural anxieties.

Anxiety could be expressed differently in non-Western societies. For instance, social anxiety in the West is typically expressed as an intense fear of social circumstances, elevated self-consciousness, and fear of being assessed and criticized by others during relationships and achievement circumstances.

However, the strongly associated structure in Asia is *Taijin Kyofusho*, which manifests itself as constant and irrational fears of causing offense and annoyance to others as a result of presumed private inadequacy. Individuals from other countries may feel too ashamed to show signs of fear that individuals in western societies are comfortable debating—this would imply that the numbers recorded in research on emerging and underdeveloped areas of the globe could be underestimated to the real extent.

Most mental health study has also been conducted in Europe and North America, and very few surveys have looked at anxiety in other areas of the globe. There may indeed be big variations in the burden of anxiety between societies, but further study using stronger techniques of anxiety evaluation is required in this respect.

Either way, we now understand that anxiety disorders are prevalent, expensive, and people with serious human distress. We also understand that females and individuals residing in developed countries seem to have the greatest impact. This knowledge of those who are disproportionately impacted by anxiety can assist guide health service scheduling, delivery, and therapy attempts.

27. Characteristic Causes and Symptoms

So many people wonder how anxiety and depression are interconnected. Well, one thing that you need to understand is that when anxiety reaches a certain clinical level, it stops being just anxiety, but a disorder that could potentially result in depression.

When anxiety persists for longer durations, the chances are that it will impair normal functioning. In other words, anxiety disorder becomes a habit that affects one's life seriously.

It is important to note that anxiety must be diagnosed as early as possible. When it is better accounted for, it becomes very easy to control and treat. However, to avoid misdiagnosis, you must start first by ruling out hyperthyroidism, ADHD, or cocaine abuse, among others, that often share similar symptoms as an anxiety disorder.

That said, some of the common types of anxiety disorders include;

Generalized anxiety

This is often anxiety that persists for too long and is characterized by extreme worry about something. For instance, one may worry too much about failing an exam, what happens if they were to die, or their inability to sleep, among others.

What you will notice about people with generalized anxiety is that they are often described as being "worried well." Although it is often counterintuitive at first glance, people with generalized anxiety often use their mental act of extreme worry to distract themselves temporarily from the emotions linked to what they are worried about in the first place.

Unfortunately, this extreme worry is what eventually results in excessive stress and anxiety.

Panic disorder

When someone has panic attacks, this is often defined as having a sudden surge of extreme fear and anxiety that can get to optimal levels within minutes. This kind of fear is often characterized by symptoms associated with flight and fight responses.

These symptoms include; elevated heart rate, feeling light-headed, sweating, and chest tightness, among others. When you find yourself

experiencing repeated panic attacks, then the chances are that you are persistently anxious about having those panic attacks or the results of panic attacks as the death of madness.

Specific phobia

This is often referred to as anxiety that is specifically linked to something. For instance, you may be anxious about such things as flights, enclosed spaces, oceans, snakes, among others.

While true specific phobias are very rare, it is something that is commonly observed in people with panic disorders. In other words, you will find someone being irrationally afraid that a certain thing or situation could lead to panic and not that the specific situation or thing is dangerous in itself.

Social anxiety

This is a condition in which one is fearful of social situations or gatherings. Typically, when one is exposed to real judgment or public scrutiny, they tend to coil up and freeze. This is often characterized by excessive worry and concerns about how others will evaluate or perceive them. In other words, they are worried about their public image/outlook.

Obsessive-compulsive disorder

This is a condition that is characterized by continued obsession, compulsion, or both. The thing with an obsession is that they are often thoughts, urges, or even images that keep recurring in an intrusive manner leading to distress and anxiety. For instance, you could be obsessing seeing your house on fire because you forgot to turn off the stove; however much you try to ignore or suppress the thought of it happening.

Compulsion, on the other hand, refers to recurring behaviors or rituals that one performs in an attempt to alleviate anxiety linked to their obsession. For instance, you could wash your hands as many times as possible before drying them, or you may count the number of steps in each building construction you get into, among others.

The thing with OCD is that people often focus on the intrusive mental activity and treat it as something dangerous or bad. This is mainly because they think that they are responsible for it or believe that it means something.

Post-traumatic stress disorder (PTSD)

This often occurs when one is exposed to a real threat. This could be such threats as rape, murder, earthquakes, floods, among others. Because of this exposure to in the past, they end up having recurring intrusive and distressing memories of their trauma. They may also try to avoid objects or certain situations that are linked to their trauma.

In other instances, people with PTSD often change their moods and thoughts associated with their trauma or may suffer increased arousal.

Think of PTSD as fear of memory. This is because one ends up having a fear of something that is in the surroundings that could trigger them to remember their traumatic events along with the sensations, thoughts, or feelings of the trauma. Because of this, they tend to get pre-occupied with avoiding anything that could trigger their trauma. The worst thing is that this attempt to avoid often leads to depression, isolation, and substance abuse. It also is associated with increased levels of anxiety.

Separation anxiety

This is age-inappropriate distress that is linked with separation from someone a person viewed as an attachment figure. In most cases, this often refers to a parent. This explains why it is typically observed in childhood with children refusing to go to school. However, this has also been seen in adulthood. For instance, a spouse may suffer separation anxiety when their partner leaves town for business meetings.

How Does Anxiety Work?

We have already discussed what anxiety is. However, the next most important thing is for us to discuss why it happens at all. Why is that one can get irrationally afraid of something and then stay afraid?

This brings us to how anxiety works in the first place and how can we leverage this knowledge to benefit us.

Well, one important thing that you need to bear in mind at all times is that the only important concept as far as anxiety is concerned is avoidance. To be more specific, the main reason why so many people experience persistence in the clinical levels of anxiety is that they try hard to avoid their anxiety.

While this may sound counterintuitive at first, one thing that you must understand is that at the core, every anxiety disorder is the same. Although

they may look and feel different for some reason, they share similar dynamics. This means that people with anxiety disorders often have learned to train their minds to be afraid of their sensations, thoughts, and emotions. And all that has been done by accident.

It is interesting to note that the very thing that they try in an attempt to make their anxiety better is avoiding it altogether. This is exactly what makes it even worse! To understand how it works, it is critical that we start with the little chunks of neurons located at the center of the brain, referred to as the amygdala.

Your amygdala

The main role of this part of the brain is to ensure that you are safe from danger or other forms of physical threat. It is the part of the brain that helps you stay alive. To achieve this, the amygdala tells you to look out for any potential threat. This explains why you keep scanning your surroundings for any suspicious object or event.

If it finds something that it perceives as a threat, it sounds an alarm that tells the body to get ready to deal with the threat. It does this by stimulating the secretion of adrenaline and activating the fight and flight response. This is when you start experiencing faster breathing rates, muscle tension, increased blood pressure, and supply to the head and the torso and other body extremities for efficient delivery of oxygen in readiness for fight or flight.

Well, all this is superb if a real physical threat is confronting you – like someone holding a gun to your head in a dark alley or a venomous snake jumps and coils around your body. In such situations, your hope would be for that amygdala to stimulate as much adrenaline as possible to help you get out safe and sound.

However, this comes in when the amygdala is confused about what is a real threat to your survival and what is not. Is it worthy of stimulating full-blown adrenaline for fight or flight response, or is it something not worth it at all because they are not a threat to your survival?

To illustrate this, let us consider an example.

How avoidance contributes to fear learning and increased anxiety

We would all agree that hiking is not all that dangerous an activity, right? While there are risks that are associated with hiking, such as falling off a cliff or being attacked by wild and dangerous animals, the truth is that in most cases, hiking is a very safe outdoor activity.

What is interesting is that so many people are very anxious about going out for a hike and choose to turn down an invitation to go hiking irrespective of who is asking them. They choose to go for walks in paths that they are well versed with and try as much as they can to avoid hiking by all means possible, including watching movies about hiking and nature trails.

You may be thinking, "but how is that possible? How can she/he be afraid of hiking when it is one of the perfectly safe activities?"

Well, one thing you need to understand is that the issue does not lie in what they believe. Instead, what matters most is what the amygdala tells them to believe. In most cases, the amygdala will strongly believe in the things we teach them.

According to research, it is evident that people with anxiety have likely triggered a process referred to as Fear learning. This process has, in turn, taught their amygdala to be extremely sensitive to anything that could be potentially dangerous and afraid of things that may not be a threat in the first place .

To better understand this concept, consider yourself an average Joe going out for a hike in the foothills. After half-an-hour, you see something dark and curly on the trails. Immediately, the amygdala fires up, and you become alert to a potentially venomous snake. Your heart starts beating fast, muscles tense up, heart rate is elevated, and you start to sweat.

But, what is most important as far as anxiety is concerned is the step you take after that. While the amygdala alerts you to scan your surroundings for threats and stimulates the release of adrenaline in readiness for flight or fight, what you need to bear in mind is that this part of the brain has an error correction mechanism. This mechanism is what allows you to verify whether the flag raised is correct or not. It also goes a long way in watching how you respond to the potential threat, and then uses that behavior to confirm or deny the initial threat evaluation.

Very specifically, its role is to watch and see whether you attempt to avoid the threat or approach it anyway.

When you choose to avoid what the amygdala has singled out as a threat by running away or fighting, what you are doing is engaging in fear learning. In other words, you are telling your amygdala that what it thought was a threat is, in fact, a threat to your safety and survival. This means that it will record and recall it if it happens in the future – shooting you up with a lot of adrenaline for you to run faster or fight harder.

Now, let us consider an instance where you choose to avoid the potential threat – you use another trail to avoid an encounter with the threat. In such a case, anxiety declines significantly because the potential threat has already been eliminated. To the amygdala, this action is interpreted as a confirmation that the initial evaluation of the threat was accurate.

As a result, the long-term level of anxiety around the hiking trail will increase. This means that the next time you are out there hiking, your amygdala will be on alerts looking out for dangerous snakes in the form of dark, curly objects. Soon enough, you start going on hikes that are less adventurous or even avoid hiking altogether because each time you think of a hike, you trigger anxiety. In turn, as you constrict your activities, the amygdala registers that hiking is a very dangerous activity. Sooner or later, you develop snake or hiking phobia, and the thought of it triggers severe panic attacks.

As a summary, what you need to realize is that fear learning happens when you give the amygdala a confirmation that the initial evaluation it did was correct. While in some instances the fear learning is a good thing, in others, it is not a good thing. For instance, if there is truly a threat present in a given situation, that is something you want the amygdala to recall. However, if the situation is not a threat in reality, then the fear learning process will contribute to the development of anxiety.

How can you use Safety Learning to lower anxiety?

Think about it, if avoidance behavior contributes to fear learning and anxiety, then approach behavior is what contributes to Safety learning and a decrease in the level of anxiety, right?

Let us go back to our hiking example. When you initially see that dark curly object on the hiking trail ahead of you and feel nervous, you have thoughts that tell you to turn back or use an alternative trail .

But, what if you don't do any of that. What if you wait and watch what happens?

In as much as that could come off as the dumbest thing you can ever do, it could be that after 30 seconds, you notice that the object you saw has not moved one inch. This causes you to take a step closer, and while you feel more scared, your curiosity continues to grow, and you get the desire to check it out a little closer.

So, you start seeing the object moving a little, but in a very strange thing you notice is that its movement is not anything like that of a snake. You see it swaying instead, and one step closer, you realize that it is a tree branch. In such an instance, your fear will not only decrease, but your amygdala will have learned a valuable lesson – while hiking, what may seem at first as a snake may be a shadow of something harmless.

This means that the next time you are out hiking, your amygdala will become more relaxed, and there is a very small chance that the flight and fight response will be triggered. In other words, you get to have fun and enjoy yourself on the nature trails. This is exactly what Safety learning is all about!

So, what moral can we draw from this ?

While avoiding what seems like threats from a distance relieves anxiety in the short-term, it has the potential of reinforcing beliefs that are unrealistic in the long-run. This could potentially lead to unnecessarily high levels of anxiety that could persist over extended durations. It will also cause you to have a restricted life that is characterized by less fun and more boredom.

Alternatively, if you choose to pause and watch what happens, the chances are that you will gain more new insight from experience. However, if the amygdala was indeed correct, then we may have to fight or flee appropriately. But what if it was incorrect? Then in such a case, it becomes smarter, and our anxiety declines. It's a win for all of us!

Lastly, while we have already discussed that avoidance is the key factor when one is in extreme levels of anxiety - mainly because it teaches the amygdala to respond to things that are not a threat as though they were - hence, contributing to elevated levels of anxiety. However, what I need to point out here is that behavioral avoidance is not the only way to evade

threats. In most instances, the anxiety we experience often persists because of cognitive avoidance, and the most common form is a worry.

Worry avoidance is often an instance where you try to go over the scary thing in your mind as many times as possible. The difference is that, whenever we think of worry, what comes to mind is problem-solving. It gives you that illusion of control and the hope that things will go back to normal eventually.

However, the truth is that worry is there to act as a form of distraction. It is through worry that your mind is distracted from the anxiety feelings. It allows you to avoid anxiety by choosing to focus on the problem at hand. Unfortunately, when you do this, you are teaching the amygdala that the very thing you are trying to avoid is a real threat to your survival. This leaves you in a dilemma; to be irrationally scared of real non-threats or to be irrationally scared of your emotional feelings. What is even tricky is the fact that this irrational fear is maintained and worsened by several avoidance techniques that we have developed and nurtured over time .

When you are in such a dilemma, the simplest way to make the right decision is to ask yourself what you are teaching the amygdala.

28. Fight and Win Anxiety

The most effective method of treating anxiety disorders is known as cognitive behavioral therapy. This is the method recommended by the American Psychiatric Association, and of all the tactics people have tried over the years to combat anxiety, this is the one with the longest proven track record of success.

As the name implies, cognitive behavioral therapy is a method of treatment that focuses on the way in which thought processes (i.e., cognition) and patterns of behavior influence one another. As we have seen above, people who suffer from anxiety and panic often exaggerate the power of their thoughts to influence their behavior. We have seen that people with panic often experience a fear that the severity of their panic feelings will “force” them to do something against their will – such as harming themselves. In reality, emotions do not have this kind of power to control our behavior, and the emotion of fear, in particular, will not force a person to do the thing they are afraid of.

On the reverse side, people with anxiety and panic disorder often tend to downplay the power that behavior has to influence our patterns of thinking. After all, the things that happen inside our heads feel like they are “purely mental.” We don’t intuitively sense that they are connected to the physical world or to our own actions and behavior, and therefore, we can’t imagine how changing our behavior could affect our thoughts.

This is a silly notion when one thinks about it. In the ordinary course of living, we see every day how physical changes to our bodies and surroundings also impact the way we think. If we drink a cup of coffee, for example, the caffeine we have just consumed affects our body by raising our heart rate. This effect isn’t just physical, it also impacts our cognition. We feel more awake. We think more quickly. So too, we often think more slowly just after we have eaten a heavy meal. We have a harder time being creative in the late afternoon than we do in the early morning. And so on.

Nonetheless, the notion that the mind and body are separate things is deeply rooted in our culture (no matter how much contemporary science and philosophy have served to disprove it). We, therefore, tend to assume that our thoughts are purely internal and that nothing we change about our external behavior or surroundings can affect them. For many people with

anxiety, panic, depression, and related illnesses, this can lead to a sense of helplessness and hopelessness. One can't control one's thoughts, and there they are.

This is part of the reason why, even though cognitive behavioral therapy has the best track record of any method of treatment – and has been recommended by the leading professional associations of mental health practitioners – it is still regarded by many patients with suspicion. People who are suffering anxiety and panic are often in so much emotional distress that they do not have hope that cognitive behavioral methods could be effective.

Instead, many patients, when they first seek out professional help, are hoping they will be prescribed medication. In the throes of panic or anxiety, many people hope there is a simple drug they can take that will “make the fear go away.”

Unfortunately, there is no such miracle pill. The human brain is a very complex thing, and there is no single chemical determining happiness or fear.

Many medications for psychiatric illnesses – known as Psychotropic Drugs, meaning that they affect one's mental state, of “psyche” – have been shown to be effective in treating these imbalances. Many people have benefitted from using medications to combat their anxiety and panic disorders. (Moreover, some people report positive results from taking natural supplements to help relieve anxiety, such as St. Johns-worth, valerian, ginseng, etc., though it is also important to do one's research before purchasing supplements, and not to expect too much from consuming these substances. There is a great deal of false information circulating out there about natural supplements, and this is not a well-regulated area of the health marketplace.)

However, the psychotropic medications used to treat anxiety often have side effects. Some of them can also be habit-forming (another way of saying they can be addictive), and they can lose their effectiveness over time, as a patient's body builds up tolerance to their effects, just as a person's energy levels become accustomed to a certain amount of caffeine over time, so that people need to consume more coffee in order to get the same effect. (This happens due to an internal bodily process known as homeostasis, in which

the body regulates its own level of various neurochemicals in order to keep them in a state of balance, or equilibrium).

Moreover, these medications often merely affect the symptoms without addressing the underlying thought patterns that fuel anxiety and panic.

Many patients become very excited, for instance, when they first learn about the existence of fast-acting psychotropic medications such as Xanax, which have proven to be effective in halting the immediate symptoms of a panic attack when such an attack is in progress. Xanax is part of a family of medications known as Benzodiazepines, which operate as tranquilizers.

A different but related set of fast-acting medications often prescribed to treat anxiety are those known as Beta Blockers.

Perhaps you have heard of an “EpiPen,” used to treat asthma and similar conditions? The name comes from epinephrine because EpiPens are used to inject greater degrees of the chemical adrenaline, or epinephrine, which raises a person’s heart rate and causes their throat to expand, reducing the symptoms associated with asthma.

Beta-blockers essentially perform the opposite task. By reducing a person’s response to the chemical adrenaline, they cause the person’s heart rate to slow down – and their respiratory rate as well. This reduces a person’s physical sensations of panic, which diminishes, in turn, one’s internal emotional feeling of anxiety as well. (Here again, we see how “external” physical and somatic, that is, bodily, responses are directly related to “internal” mental and emotional states. Indeed, the great philosopher William James once argued in a famous essay, called “What is an Emotion?” that emotion simply is a bodily response, and that it is impossible to imagine a feeling in the absence of its physical component. The essay makes a profound argument, and helps us to overcome the false distinction between “mind” and “body” that is still so prevalent in our culture.)

For people who have experienced the agony of a panic attack or prolonged anxiety, the idea of Xanax or beta blockers can seem like a dream come true. Many feel that having access to drugs that can immediately “knock out” a panic attack if one starts to form is now a central plank of their sense of personal safety.

While some medications can be helpful in defeating anxiety, therefore, they can also be counterproductive. Carrying around fast-acting medications can lead people to believe that they are not “safe” without these drugs. This can lead to a feeling of powerlessness, helplessness, and dependence on the presence of the drug that can be very disempowering. This feeling, in turn, can prevent people from realizing that they are capable of managing their anxiety and panic, even in the absence of the drug, and that they have the methods to regulate their emotions within themselves and their own bodies.

Medication, therefore, may not always be the best resort in treating anxiety and panic. If you see a mental health professional and they do not recommend medication, this should not necessarily alarm you or cause you to look elsewhere. Indeed, it is often much better to start with cognitive behavioral therapy, which addresses the root causes of anxiety and panic, rather than just the symptoms, by altering the underlying thought patterns that fuel anxiety.

The degree of success in treatment you can attain from this method alone may pleasantly surprise you.

How Does It Work?

To have full success with cognitive behavior treatment, many people will need to seek out the help of a professional. Reading a book is not a replacement for working with a trained psychotherapist or licensed clinical social worker (even if it is a quite good book like this one). It is helpful, however, to know a bit about how the cognitive behavioral therapy process works, as you may be able to guide yourself in part through some of these stages.

Cognitive behavior therapy essentially works through three broad stages:

Awareness. In this stage, the treatment focuses simply on helping you to understand the nature of anxiety disorders and how they operate. This helps you to recognize the symptoms when they are occurring so as not to attribute them to other health effects or other things you fear.

Emotional Regulation. In this stage, the therapist helps you learn some of the simple techniques that you can use to manage and reduce your panic or anxiety response in the moment of a panic attack.

Gradual Exposure. This is the heart of the cognitive behavior technique. When many people hear about it, however, they become alarmed. Exposure to the thing they fear is exactly what they don't want. That's why it's important to emphasize that the exposure methods used in this form of therapy are gradual and consensual. A person who is afraid of snakes is not immediately asked to hold one, for instance.

Many people, when they hear about exposure methods, assume they will be asked to simply "face their fears." Sometimes, well-intentioned but unhelpful people will give the advice to people struggling with anxiety that they should just "face what their afraid of" and the problem will go away. Most of us with anxiety or panic find this idea so overwhelming that we will never get started, however. If we do get into a situation in which we need to "face the fear" directly – especially if the experience has been forced on us – we are traumatized by the experience and feel powerless. Cognitive behavioral therapy, by contrast, is not about forcing you to do anything you don't want to do. It is about guiding you slowly through the process of your own self-discovery, as you realize you are able to do the things you used to fear – indeed, that these things are not actually dangerous and that you are perfectly safe while interacting with them. Far from making you feel powerless, this process actually increases your sense of personal control, independence, and autonomy.

To return to our example of the person who is afraid of snakes, a cognitive behavior therapist will not ask them to hold one, but they might ask if they'd be willing to go see an exhibit about earthworms at the zoo. If the patient finds this a slightly scary or uncomfortable idea, because earthworms are shaped similarly to snakes, but not an "impossible" idea, this means it is in the sweet spot for cognitive behavioral methods. It is a challenge, but not such a hard challenge that it is overwhelming. To borrow terminology from educational theory, this challenge is in the patient's proximal zone of development, meaning it is difficult and new enough for them that it causes them to learn, but not so difficult that they are forced to give up.

The important thing to note for now is simply that the way to overcome this fear is not just too immediately get on a plane, and cognitive behavior therapists will never ask you to do this. Rather, I worked up through a series of exposures that I found less frightening until I felt naturally ready to fly

on a plane. At no point did I have to “force” myself to do anything I did not want to do. Rather, at each stage, I discovered that I was ready and willing to do something now that would have been challenging – even “impossible” – for me in the past.

What Can I Do To Help Myself Without Seeing A Therapist?

If for any reason you do not want to visit a mental health professional, or are worried about the expense of doing so, there are simple self-help practices you can use that have been proven effective for relieving anxiety in many cases.

Apart from applying some of the principles of cognitive behavioral therapy (such as the gradual exposure method) through self-coaching, here are some other practices you might like to try:

Meditation. Practiced by religious faiths around the world, meditation can have a spiritual dimension to it for some people. For others, it is a purely secular activity. In any instance, however, meditation is essentially a process of focusing the mind’s attention. Some practitioners refer to this as “emptying” the mind. Others refer to it as simply achieving a state of mental non-intervention, in which one allows thoughts to enter and exit one’s mind without trying to arrest, cling to, or keep out any of the thoughts that come along. One simple method that one can use to enter a meditative and focused state in any situation is as follows: simply try to count to ten. Whenever you get to ten, make sure you go no further, and return to one and start counting again. This sounds so simple as to be foolish, but it is actually a good way to keep one’s mind in a state of focused awareness. You’d be surprised how easy it is for one’s mind to just keep on counting to higher and higher numbers if you don’t remember to pull it back down to one again each time.

Relaxation. Relaxation, you say? If only! For many people with anxiety and panic, relaxing is the one thing they’d love to do more than anything, and the one thing they can’t seem to do. How can anyone recommend it to them? The answer is, once again, that relaxation has both an internal emotional component and an external somatic, bodily component. And by influencing one’s somatic response, one can alter one’s internal emotional

response as well. For instance, by consciously willing oneself to release the grip of each muscle, one can reduce one's feeling of anxious tension.

Diaphragmatic Breathing. Many times, when people are in the midst of an anxiety or panic episode, well-intentioned people around them will advise them to "breathe deeply." Unfortunately, this advice is often not helpful, because many of us when we take a deep breath tend to fill our chests and suck in our bellies, with is a kind of breathing associated with anxiety, and which does not prevent hyperventilating. What people should really be advising is to practice diaphragmatic breathing, in which one fills and extends one's whole diaphragm – the large muscle that surrounds and controls the lungs. This is the sort of breathing in which one can feel one's belly extending. This is a sort of breathing that is practiced most often in childhood. Even though it is available to us at any moment as a method of respiration, many of us forget about it as adults, unless we consciously remind ourselves to practice it in a moment of tension. This method of deep breathing "with one's belly" is associated with immediate feelings of relief and the relaxation of tension. This breathing method is therefore extremely helpful in regulating one's feelings while struggling with anxiety, and even in the midst of a full-on panic attack. Many people may find this hard to believe. How could something as frightening and seemingly uncontrollable as anxiety or a panic attack be affected by something as simple and familiar as breathing while extending one's belly? Try it though, and see if you do not notice that you very quickly begin to feel much calmer. The next time you are in a situation in which you are beginning to feel a panic attack coming on, therefore, instead of looking for an "escape route," or asking yourself if you remembered to pack your Xanax, try reminding yourself that at any moment, you have access to the ability to calm yourself through your own body, through the simple act of deep, diaphragmatic breathing.

Sleeping Well. For anything in the world of human health, this is always a good idea! Healthy, natural sleep is essential for both physical and mental wellness. Yet people with chronic anxiety may take a look at this and think: easier said than done! Do not despair, however. If you are having trouble sleeping due to your anxiety, here are some simple methods you can apply. First of all, do not lie in bed trying to force yourself to sleep, if you are not managing to drift off. Lying in bed trying to sleep at night is often the time of day that people report having the most trouble with rumination and

repetitive anxious thoughts. It is much better to distract oneself with a different activity until you feel genuinely tired and ready for bed. Do not distract yourself with a screen, however, as the light used in electronic screens is built to remind our brains of daylight, thus confusing our body's sense of its natural sleep pattern – also known as our circadian rhythm – which is timed to correspond to the presence of daylight. This is what often leads to the feeling when we are looking at screens that we are wide awake – even “wired.” Reading a book (but one printed on paper or on a reader with a dim screen, not on a computer or TV screen) or doing a simple repetitive chore can often generate the sort of natural fatigue that leads to healthy sleep. Moreover, avoid drinking or eating anything that has caffeine in it late in the day. This may seem obvious, but many people forget to put it into practice, and the chemical effects of caffeine often last far longer than people expect it to.

Yoga and Other forms of physical activity. Yoga, sports, running, and other kinds of physical activities have been proven to be remarkably effective in reducing symptoms of anxiety and relieving all kinds of stress. Partly this is because these activities naturally trigger the release of the chemicals associated with anxiety and panic responses, channeling them in healthy ways, and leading to natural feelings of physical tiredness that lead to healthy sleep at night. Competitive sports, for instance, can induce a “fight or flight” response that helps the body to regulate the production of the chemicals involved in this response and channel their use in a naturally-occurring way. Even beyond other forms of physical exercise, however, yoga has been found to be particularly helpful, as it includes elements of mental concentration and focuses similar to the effects of meditation described above.

Conclusion- Part II – Self Esteem

Many people don't read a book in its entirety, and it's a shame that they miss out on so much information. The title of this book in particular may intrigue some, while others may become distracted while reading it and move on to other activities.

It seems that you are serious about learning more about being an introvert and understanding the traits of this type of personality. You probably want to learn more about what an introvert is and get a better understanding of why they are the way they are.

Before reading this book, you may have had no inkling of how common it is for introverts to be misunderstood by extroverts, or how you could prevent those episodes where you try to act like an extrovert and end up failing over and over again.

Hopefully, this book has explained that you are who you are as an introvert, and this is by no means something you should feel forced to change. It's not that you don't like people, you just can't deal with the overwhelming energy drain that accompanies socialization. Trying to be an extrovert and failing is not surprising, because you're not an extrovert and never will be. But that's okay!

Hopefully, you enjoyed this book and found it informative. My aim was to provide you with a guide to being the introvert you want to be and should be.

Part III

Stop Overthinking

Introduction- Part III – Stop Overthinking

I don't know what's going on. What if this decision is the wrong one? What if I'm making a huge mistake? Why is this happening? Is it me? Am I the one to blame?

The mind is our more precious tool. But what happens when our thoughts start to get out of control? Humans are gifted with a superior thinking capacity that sets us apart from other living beings on this planet. The human brain can create great things like buildings, literature, movies, novels, and thousands of other inventions that have enhanced our way of life throughout history. It is remarkable what we can do when we put our minds to it.

Thinking allows us to excel in school, go to college, plan for the future, and get a job. No doubt, our mind is our biggest asset, but what happens when the mind stops being your ally and starts becoming your enemy? What if your mind starts to get out of control and starts eating away at your happiness? What would happen if your mind started producing destructive thoughts that threaten to hold you back in life and ruin the relationships you've worked so hard to build?

Overthinking Explained

Thinking too much. That is exactly what it means to overthink. When you spend too much time thinking instead of taking action, when you analyze and repeat the same thoughts in your mind but do very little about it, you're overthinking.

Overthinking happens when you take a relatively simple or small situation and blowing the problem up far bigger than it needs to be. For example, should I wear my new shirt for work today? But what if everyone teases me? What if I'm too overdressed for casual Friday? They'll think I'm silly or trying to be far too fancy. Maybe it's not such a good idea to wear my new shirt after all. I should save it for another occasion. But what if that occasion never comes up?

Or how about another, more relatable example of overthinking happening in a relationship. You send a text to your crush whom you've recently started dating. You wait eagerly for their reply, but an hour passes. Two hours. Three hours. Still nothing from them. Your mind starts to go into overdrive. Why aren't they texting me back? Are they busy? Have they lost interest in

me? Was it something I said? Maybe they're annoyed that I'm texting them first. Maybe they want to break up with me. Could they be ghosting me? Is it me? Why does this always happen to me?

The Reason Behind It

To be trapped by the thoughts in your mind is torture. Being locked in and unable to escape the negativity is mental torture. The brain is tricky in that way. Telling it not think about something rarely ever works. We naturally want certainty. We want control. We want to know what's happening. We want concrete answers to the questions we have. When we don't get what we need to satisfy that urge, the brain goes into overdrive, coming up with scenarios of its own.

Why does overthinking happen? Well, along with the ability to think, humans have another special ability called intuition. Intuition is defined as the ability to immediately understand something without any need for conscious reasoning. Have you ever been told to "go with your gut" when you were stuck on a decision that had to be made? "Gut" in this context refers to your intuition, and it does highlight the fact that your intuitive thoughts are not coming from your conscious mind. Instead, they stem from your subconscious mind. If you've ever experienced those moments when it feels like your brain is arguing with itself, this is the reason why.

Your subconscious mind sometimes tries to give you answers to the problems you're facing. You need to make decisions every day. What makes it scary for a lot of people is how those decisions determine the direction your life is going and what you're going to experience next. This can be an overwhelming notion for many and why overthinking is such a problem. We're afraid of regret, and since time continues to move forward instead of backward, it feels like every decision that is going to impact our life matters. Once a decision has been made, you cannot go back in time and change the moment. You can't alter the choice you've made most of the time, and you must live with the consequences of your decisions. The last thing we want is to make a decision that we come to regret. We don't want to live with the possibility that we could have experienced something better if only we had made a different decision. See why overthinking is a big problem?

Ask anyone you meet, and they'll tell you that they don't want to look back on their life with regret when they're old one day, wishing they had done certain things differently. To complicate matters more, we never know what the guaranteed outcome is going to be for most of the decisions we make. Overthinking happens because the mind is constantly wrestling with the many possibilities it is faced with. The uncertainty of not knowing which decision is going to be the best decision only makes it harder to figure out the right choices to make.

Ultimately, the root cause of overthinking is fear. The seeds that it sows in your mind will prey upon your thoughts to the point they become out of control. None of us came into this world being afraid. The fear we experience today is what we've developed out of trauma or life experiences. Even when the traumatic experience has passed, remnants of that fear remain, and we continue to carry that fear around with us for the rest of our lives. Fear is the poison that latches onto our mind and, if left unchecked, triggers a lot of the overthinking that happens. These destructive thought patterns become an inescapable habit once it starts. The more we overthink, the more fear we invite in. The more fear we invite in, the more unsettled our thoughts are. It takes considerable effort to break out of this cycle and without the right support and tools to do it, it can feel nearly impossible to do.

Types of Overthinking

Overthinking comes in many different forms. We've all been a victim of overthinking at some point. When you're taking a test and change your answers several times during the last few minutes. When you want to message an old friend but haven't done it yet because you're spending far too much time trying to craft the perfect text message. When you want to go up and introduce yourself to a new group of colleagues on your first day, but you hold back because you're worried they may not like you, or you wouldn't make a good first impression. When you can't decide what to eat despite spending several minutes looking at the food menu while the waitress stands by your table waiting. Those are examples of the many moments in life where we're guilty of overthinking more than we should have.

Some common examples of thinking patterns that might indicate you're prone to thinking too much include the following :

Neglecting Intuition - You're ignoring your instincts. On some level, you already know what the right decision should be, but you continue thinking about it anyway and hesitate to take any real action. If your instincts are telling you to go for it, but you still hesitate anyway, that's a clear indicator you're guilty of overthinking.

Complex Thinking - You spend too much time thinking about the many complex factors involved in a decision without weighing in on the importance of each factor. You're unable to filter and narrow down these factors because everything feels important the more time you spend thinking about it.

Premature Thinking - Overthinking also takes the form of premature thinking. This happens when you exert unnecessary time and energy thinking about decisions that do not need to be made yet.

Irrelevant Thinking - On the other hand, you could also be guilty of overthinking when you spend too much time and energy, making decisions that are unnecessary.

Avoidance Thinking - Perhaps you subconsciously want to avoid doing something, and you resort to overthinking to convince yourself why you shouldn't go through with it. You try to avoid making decisions altogether if you can help it. Excuses will be aplenty if you want it to be. You're trying to avoid making decisions because you know you're not the best at it, but avoiding decisions altogether is not the healthiest approach to take either.

Problem Creation - A common habit overthinkers tend to indulge in is seeing problems that don't exist. A solution could be straightforward, but the more time they spend thinking about it, the more problems seem to manifest that might not have been there before.

Overlooking the Bigger Picture - Overthinkers are so focused on the many problems at hand and so consumed by them that they fail to see the bigger picture. In doing so, they fail to make effective decisions when their mind is already biased toward the negative.

Overdoing the Solutions - Presenting a big, bold solution might sound like the right thing to do, but the truth is, overthinking could put you at risk of overdoing it. Instead of a small, simple solution that would have been effective enough, your solution becomes so over the top that you might end up missing the point entirely.

Indecisiveness - If you struggle with making simple decisions, such as what to eat at a restaurant or what to wear to the office today, you're overthinking it.

Ruminating - Repeating scenarios in your mind over and over again is what overthinkers tend to do. Those who suffer from anxiety tend to do the same thing too. When you spend a lot of time going over the same thing in your mind, you're ruminating. It could either be about past conversations you've had or events that happened to you, or it could be something you need to do in the future. Either way, if you're thinking about it more than you should, there's a good chance you're overthinking it. This happens to be an extremely exhausting habit too that can leave you feeling emotionally and physically drained.

Repetition - Overthinkers have a tendency to repeat themselves. That's because you're spending a lot of time going over the same things in your mind, so when you're talking to family or friends, you're prone to repeating yourself. If anyone you know has mentioned on more than one occasion, "You've told me this before," that could be a clue that signals you might be thinking too much.

Refusing to Act - Overthinkers sometimes might refuse to act at all until they have all the information they need on hand. Even then, it might not be enough to convince them to decide in a timely manner. Even when there are occasions when you don't necessarily need all the information on hand before deciding, overthinkers will find it nearly impossible to act anyway. They will seek out every single detail and ask multiple people the same question repeatedly in an attempt to clarify the details that they need.

Distractedness - Overthinkers rarely ever live in the present because they're too busy worrying about their problems or pondering multiple scenarios in their minds. They spend so much time caught up in their head; they're not focused on what is happening around them at that moment. When they carry out their daily tasks, they're not present. When they're having a conversation with someone, they're not present.

The Dangerous Effects of Overthinking

Overthinking is a dangerous and unhealthy habit that needs to be broken. It will do nothing for you except to consume your energy and suck the happiness from your life. It puts a halt in your ability to make effective

decisions, and you end up wasting a lot of time and energy being stuck in your head instead of taking proactive measures to create the outcomes you want. It's a habit that will leave you stagnant, sort of like tying a rope around your leg, and at the other end of the rope is a pole. Instead of moving forward, you find yourself running in circles around the pole, going nowhere fast.

Overthinking is the root of several problems, one of which is that it leads to an increased risk of developing mental illness. According to a study conducted in 2013 that was published in the Journal of Abnormal Psychology, and overthinking can lead to an increased risk of developing mental health problems. Ruminating traps you in a vicious negative cycle that can be extremely difficult to break out of if you don't have the right support and tools at your disposal. The unhappier you feel, the more your mental health declines, which eventually leads to some of the mental health problems talked about below. Some of these problems include:

It Causes Mental Illness - According to a study conducted in 2013, that was published in the Journal of Abnormal Psychology, overthinking can lead to an increased risk of developing mental health problems (if you weren't dealing with these already). Ruminating traps you in a vicious negative cycle that can be extremely difficult to break out of if you don't have the right support and tools at your disposal. The unhappier you feel, the more your mental health declines, which eventually leads to some of the mental health problems talked about below.

It Causes Anxiety - Your thoughts create emotions. It could be anything from grief, anger, sadness, happiness, joy, jubilation, eagerness, nervousness, and more. These are the sensations produced by thought. Anxious people are known to be overthinkers. They create so many possible scenarios in their minds about all the bad things that could possibly happen that they find themselves constantly plagued by anxiety. They worry about the future, and that stops them from living freely in the present. Living with so much anxiety each day makes them miserable, exhausted, and in more dire circumstances, it could lead to depression and suicidal thoughts. Yes, it is quite possible to literally think yourself to death.

It Causes Depression - Anxiety comes from worrying about the future, while depression is a consequence of holding on to the past. Your thoughts keep you trapped in the events that have already happened, even though

there's nothing you can do to change it now. However, overthinking is just one of the many possible causes of depression, and it is not solely responsible for this condition alone. Thinking about past events repeatedly wishing you could go back in time or change it will only make you miserable. Because there's no way to go back in time. Yet, some people continue to allow thoughts of the past to be a heavy burden that they carry with them every waking moment, leading to their feelings of unhappiness so strong it becomes depression. They waste precious time almost every day thinking about the "what if's" and wondering what would have happened if things had gone differently. "What if" is a question that weighs heavily on their mind and each time they think about it, they only become more miserable. The past cannot be changed, and the best you can do is to take the lessons from experience and use them for the benefit of your future to make better decisions. Like anxiety, depression can eventually lead to suicidal thoughts if your thoughts get the better of you.

It Causes Insomnia - Does your worrying brain keep you awake all night long? Tossing and turning, you try to go to sleep, but the minute you close your eyes, your mind goes right back to whatever it is you were worrying about. Overthinking causes insomnia and even when your body may be tired, your mind remains active enough to keep you awake because your worried thoughts just won't leave you alone. Forcing yourself to go to sleep is not going to work either. Falling asleep is a mechanism that your mind cannot control and if your mind is too busy overthinking to shut down properly for the night, you'll be left to deal with insomnia. Trouble falling asleep is not something to be taken lightly. Sleep is essential for our overall well-being. To function at our best each day, we need to get enough sleep every night. To get the proper sleep, our bodies need each night; the mind needs to be fully relaxed, which you can't do if your mind is consumed by an unending stream of thoughts .

It Causes Inaction - Overthinking can result in the inability to make decisions. You could be running through a thousand ideas of scenarios in your mind, yet find yourself unable to reach any decision. Why? Because you're too worried about making the wrong decision. Along with the ideas you're thinking about, you're also considering the possible ways every decision could go wrong or backfire. Your brain will always give you a reason not to do something or not to act. The possibility of rejection or

failure will always be there with every choice you're faced with. Whether it's starting a business, pitching a proposal to a new client, asking someone out on a date. The possibility of rejection is always there, but if you don't go for it, you'll never know what might have been. Yet, overthinkers would rather take "no" for an answer than take the risks and go for it. They would rather choose to go with uncertainty and let the opportunity pass them by because they lack the confidence to move forward, too paralyzed by their worried thoughts to act decisively. In short, overthinking leads to a lot of wasted opportunities.

Your thoughts are powerful. They create the experiences that you have, and each time you overthink, you're sabotaging your happiness and wellbeing. If you've tried to forcibly control your thoughts before this, you probably haven't had much luck. This is why you're reading this book. The more you try to forcibly control your mind, the more resistance it seems to give. That's why overcoming negativity feels like such a struggle. Your mind is resisting because it is biased toward the negative, and it wants to stay in that zone where it feels comfortable. But when you observe your thoughts rather than try to control them, they'll automatically start to slow down as they pass in and out of your mind. Overcoming the habit of overthinking is not about forcing control; it is about understanding and acknowledgment. To understand what you're up against, acknowledge its presence and try to find a workable solution without trying to force control, that's when you're one step closer to becoming the master of your mind.

29. Causes of Mental Clutter

The occasional spell of anxiety is perfectly normal, but when someone's life is consumed by constant anxiety about things that might happen without a good reason or justification, that person may be anxious. There are different kinds of anxiety but social and generalized are two of the most common forms. We may think of anxiety as a pathological form of overthinking and many people are experiencing such intense anxiety that they choose to take pills to relieve this feeling. Generalized anxiety refers to everyday experiences that most people have no trouble getting through. Many people describe the feeling like a "concern for everything." Generalized anxiety affects everyday life and manifests as extreme fear and worry about things like leaving your home, going to the supermarket, the safety of the people you love, what's going to happen in the world, the possibility of war, whether you're eating right, whether you might be sick with serious illness and not realize it. Some people are suffering from a specific phobia, but generalized anxiety appears to react at once to several different things, and can become unbearable. You may have suffered some sort of anxiety as you became conscious of the habit of overthinking. The first step to overthinking is to find out the triggers unique to you. There are a lot of causes to consider and you'll know when we talk about many of them, even if not all of them relate to you. Ideally, as you read this list, you will be able to identify which factors can play the greatest role in overthinking

Social expectation

To live and work in today's world is more demanding and challenging than ever before. Yeah, we have the new age conveniences that make life more comfortable and easy, but we also have to deal with the social life structure and the demand that we follow a timetable that fits something like this: education, more school, career at the entrance level, ladder climbing, career at the senior level, retirement. This has long been the norm for people living in economic-power countries. But over the last few decades, a lot has changed, and at a rapidly increasing rate. It is no longer so simple to find a job in a lucrative career that will be fulfilling and rewarding for thirty years or more. Competition has risen alongside the people of the earth and the incredible technological advancement. Many of the job opportunities that were readily available to our parents no longer exist, and nowadays, you'd

get a weird look for physically walking into a business and asking for a job application instead of making applications online. When you fail to get that dream job right out of college or high school, then the real fire trial begins. We could speak all day about office politics, competitiveness, and rivalry, but for now, let's concentrate on some of the key reasons to overthink in two of the most powerful realms of life: work and school.

We have started discussing the challenge of finding gainful employment in the modern age as a young adult, so let's continue to explore where overthinking can come into play here.

In the impact of globalization, advertising and marketing campaigns now dominate the world. You've been told from the very beginning of your career that you will have to contend with a lot of other candidates, many of whom may be more eligible than you. The interview process asks applicants to justify clearly why they should stand out above all the others. You should practice at home in front of a mirror, or think of all the likely questions that might arise. It's here when you can start thinking about how you are measuring up in your field next to others. You've just earned a degree from college and at the time you started to feel like you were on top of the world with a million different prospects waiting for you (of course, best case scenario). Fast forward a couple of months, and you begin to realize that the job market is a bit more competitive than you ever thought, and you have not proven yourself to be a shoo-in to some of your dream organizations that have already passed you. Many young people in the internet generation can attest to the challenges of graduating in the US during a recession and having difficulty finding any reasonable job at all, let alone starting a prestigious career in their fields. The weight of the social expectation that if you are smart and hardworking enough, you can and will get a great job opportunity becomes a big burden if and when things don't work out the way you'd imagine them in your school time. At this stage, you might start wondering if it's any fault or cognitive impairment within yourself that keeps you from your dreams.

The truth is, when it comes to securing or landing your "dream job," there are various factors at play and sometimes working hard and a positive attitude are just not enough, despite all that your guardian or teachers informed you. This is why a lot of young adults continue the process of overthinking which is dominated by self-worth and adequacy issues. If

society says I'm expected to be here or somewhere at this point in my life, that means I've not succeeded and there's something wrong with me. Once that guilty verdict takes root, it's very tough to ignore the myriad images, advertisements and slogans all around us that show the perfect professional man or woman in their lovely corner offices, clothed in the latest fashions, sharing how they made it through. This is when you start comparing yourself to other people's success, which simply adds to the problems going on in your mind that feed a sense of inadequacy and low self-esteem.

But let's just say you landed a decent job now. It's not a job you've always dreamed about, but it can be a good start to your career and you. Now it's time to show you really merit the job. You look around immediately at your boss, co-workers, and colleagues to see where you are on the ladder and how you're measuring up to your competition. Based on the type of personalities that surround you, you can feel a great good influence of pressure to do well and develop within the company. The Society made us know that the only way to grow and progress within your organization is to be the best, so professional life immediately becomes a rivalry. Every day this pressure will show itself as overthinking as you continuously evaluate how well you are doing your job. This in and of itself is really not a bad thing — everybody wants to be good at their jobs. A problem starts when we begin to compare ourselves obsessively with other individuals and when the job is no longer an atmosphere of several like-minded individuals working to build a better organization, but an intense competition to the top.

Once you manage to break into business society's top ranks, the rivalry turns toward other industries in your field — trying to overtake their market, forcing others out of the business, etc. And we've all heard of the expression that the more you win, the more you lose. This creates a whole new avenue of concern and overthinking as you evaluate how far you might fall if you make mistakes or fall off your ladder!

Aren't you? Do you feel constantly worried about where you are at work? You may be underemployed and feel bad, just as you have not gone far enough in life when you compete with others. This could be one of the most common causes of overthinking, but now it's time to move back in time to look at how social expectation takes a foothold in our minds as kids first. Let's take a look at the school's social expectations.

As children, most of us aren't actually thinking about what happens after school. We may have some far-reaching fantasies floating in our heads, but most of the time, we just want to know what mom has prepared for lunch today and whether that big kid will knock us off the swing at break today again. (Hopefully not, but you get the notion.) As we grew older and enter the middle and high school stage, social pressure and expectations were becoming in the immediate sense more central to our lives. We may think from a distance about our future careers, but most of us are concerned about whether or not students and teachers like us in school, the level of our popularity, whether or not we are going to get a date for a dance, etc. At this era, much of the social pressure revolves around physical appearance and either academic or competitive success. Unfortunately, most girls begin to become worried about their physical appearance around this age, and may even begin to match this with their self-worth. The reason for overthinking has begun as these girls look around in social media and magazines at the beautiful models and career women and begin to compare themselves with those unrealistic ideals. Similarly, young boys may have an idol in sports or even a role model who has become very successful in their fields of work and begin to compare themselves as men, comparing their self-worth with academics or popularity or success in competitive sports.

The pressure only increases as we enter college, if that is your way forward. It's a struggle as many lose to balance a social life with academic life, leading to a situation whereby a student drops out of college. Staying focused and getting good grades, and that long-anticipated bachelor's degree gives passage into the realm of professional work, where a whole different world of social expectations and pressure awaits. As you've seen, much of our overthinking is what the professional or social environments can very well stem primarily from a wrong perception of ourselves in relation to others. The pressure starts early in life and continues as we are constantly surrounded with media images and texts dictating what success will look like and how it should sound .

Let's take a look at some more potential overthinking causes

Relationship

In romantic relationships, overthinking can vary from things like, "Does she really like me? "To" I just know he is coming home very late from work all

the time because he's seeing another woman. "Much of people's overthinking in relationships leads to incredibly traumatic sources of emotions such as envy and low self-esteem. Just as we are flooded with media images of "success," so are we obsessed with what it would feel like to be in a perfect relationship as well. A young teenage girl who is obsessed at high school about her looks may find it difficult later in a relationship because she considers other beautiful girls as constant threats. Young boys who are worried about making money can later face challenges in a relationship because he thinks that making money and working is of more importance than having a partner you spend quality time with.

Relationship overthinking can cause many problems and many of them can be capable of draining emotionally. When the thoughts that take over one's mind start clouding reality, you start a self-destructive cycle of negative emotions and feelings. Influences around the world have a way to get into our minds and we start to compare our relationships with those we see around us, on twitter, Instagram or Facebook. This is a mistake because there is no single-size-fits-all system for how a happy relationship should work. You know when you get angry and upset about your partner you overthink because you feel he or she does not see you the same way some famous celebrity see their partner. Comparing your romantic life with that of others is an amazing way to miss out on what's special about you. I'm not saying you're supposed to ignore relationship issues. I mean, you should not attempt to compare those issues with the problems of others as a way to get them solved.

Each of us is special, and we all have different ways to deal with emotions and problems. Different doesn't mean it's wrong, but in a culture that covers the complexities of a relationship behind a perfect one's façade, people that encounter quite a harsh slap in the face once they move past the "honeymoon phase," and start to realize that it's not all the sweet and rosy in each other's faces. Relationships are not meant to be as simple and breezy as the couple makes it appear on all those advertisements of holiday resorts. Comparing and overthinking just complicates the challenge— when communication is the real necessity.

Trauma

Never a fun subject to broach, but if this is the cause of overthinking, it is a very important one. As mentioned earlier, we've all experienced some

degree of worry about our own safety or that of our loved ones. We're concerned about our kids and their safety, about our partners and the health of our aging parents, etc. The problem comes up when these concerns become an ever-present cause of stress and anxiety— when the overthinking becomes a chronic one.

After experiencing some kind of trauma a lot of adults are affected for the rest of their lives. Most times, one's parent's death will contribute to lifelong mindsets and perceptions that can impede an individual's vulnerability and ability to move beyond painful emotions. Abuse as a child is a big threat to the emotional well-being of an adult and typically needs to be addressed throughout the life of a person by treatments such as counseling. When trauma happens it causes the mind to be in a way that is very hard to forget or step beyond. As a result of this, the person may overthink through the lens of that trauma in terms of comparing or viewing other events throughout his life. For instance, a young girl being abused by an older male child may distort her ability to deal with men in the future without feeling things like fear, hate or aggression. These reactions include a much bigger threat to overall well-being. Most adults tend to compartmentalize as we spoke about earlier, or else totally forget or neglect the trauma until it grows up later in life suddenly. This is an illustration of what we call "thought suppression." most situations are too difficult to face, but many believe that the ongoing effort to endure this suffering would only lead to roadblocks in a person's life development. To put it another way, the pain must eventually be tackled.

On the overthinking level, past trauma develops thoughts and feelings about future events that have no relevance to the present. The fact that you were in a car when a fatal accident occurred and sustained terrible injuries as a teenager doesn't mean that every time you get into a car for the remainder of your life, you're likely going to get into another accident, but it feels like that. We let the impact and strength of those past emotions and anxieties flow into our life's events even before they happened. It's a trademark symptom of chronic overthinking in anticipation of something bad happening.

Social media

We are all familiar with the latest debate about how everybody gets into social media addictions. Without checking Facebook or our Twitter feeds,

many people can't go for more than an hour without checking to see what's new and who liked our latest posts, etc. What you may not know is that social media addiction is a potent cause of overthinking. Throughout our lives, we have talked about such habits as comparing ourselves to others. Social media is one of the easiest ways to cultivate the habit.

Looking at the Facebook page of a friend, there are odds, we see the beautiful, conceptually imposed perfect life they want those around us to see on the internet. We see pictures of people appearing off-the-cuff as they are. But most people take plenty of time to prepare their selfies, positioning themselves correctly. Most women put on makeup and then play around with the filters until they show the most perfect images they can see themselves. In the life of that person, you don't see the struggles and pressures, you just see the aspect they want you to see. It, once again, can lead many of us to compare our lives to the lives of others who seem better looking, more productive, wealthier, richer, etc. The negative feelings like jealousy and self-doubt are once again creeping up on us, just as they were when we were younger and compared to the queen of the prom or the captain of football.

All these things build up over time, and they may eventually take over, leading to overthinking a negative and self-destructive habit. Now that we've recognized some of the big causes for overthinking, let's look at the phenomenon that all of the internet surfing and Facebook scrolling contributes to information overload.

Again, there is nothing wrong about thinking about your problems so you can think of a solution for them, it becomes worrisome when you have a bad habit of twisting narratives around in your head until you can see every angle and side to it. Overthinking is not productive as it just makes you dwell over your problems; you are not looking for a solution for them and you are only making yourself feel miserable.

In order to find an effective way to break your overthinking habit, you need to find out what caused it in the first place. Below are some of the more common reasons as to why people tend to overthink their problems rather than actually find a solution for them.

Information overload

If you are not self-confident, you tend to doubt every little thing that you say or do. When you hesitate, even a little, about the things that you want to do, you are letting uncertainty and fear creep into your mind, and it will be very difficult to get them out of there. You can never really tell what your decisions will take you; even if you planned every little detail, the outcome will still not be exactly what you hoped for (it could either be better or worse than what you planned). This is why you should learn to take risks and not torture yourself when you did not get the results you wished for.

When You Worry Too Much

It is only natural to worry when you encounter new and unfamiliar things and events. However, if you worry too much that you cannot even imagine a positive outcome, then it will trigger you to overthink. This is problematic because worry attracts even more problems; sometimes it creates ones out of thin air, which cause overthinking to go even deeper. Instead of mulling over how things could go wrong, it is better to entertain thoughts that are more positive, like how much better you would feel if a certain event turns in your favor.

When You Overthink to Protect Yourself

Some people believe that they can protect themselves from troubles whenever they overthink, but the truth is that overthinking is a trap that kills your progress. Overthinking and not doing anything to change the status quo might seem good, but stifling your progress is never a good thing at all. In addition, when you overthink, you are not really staying at the same position, you are actually undoing whatever amount of progress you achieved thus far.

You are Unable to “Turn Off” Your Mind

Many over thinkers became that way because they cannot seem to get their minds off their problems no matter how hard they try. People who are sensitive to stress live as if they are constantly wound up tightly, they have somehow forgotten how to relax and change their chain of thoughts. Overthinking happens when a person stresses too much on a single problem, and he could not turn his focus away from it.

You are Always Chasing after Perfection

Being a perfectionist is not necessarily a good thing. In fact, one could argue that being a perfectionist is not good at all. Most people who struggle with perfectionism are constantly anxious. They often wake up in the middle of the night thinking of the things that they could have done better. Being a perfectionist causes overthinking because you are always trying to outdo yourself.

Overthinking is Your Habit

Overthinking is not always caused by a person's bad habits; sometimes overthinking IS the person's bad habit. For some people, it does not take much for them to overthink; they usually default to overthinking the moment that they encounter even minor inconvenience. This bad habit prevents people from living their lives the way they actually wanted to.

Fear

You can never completely curb your anxiety unless you face the fears it is rooted in. You can only feel strong when you master your emotions of fear and apprehensiveness, and this can only be possible if you actually face that to which you are afraid.

Now that you are aware of how to control your negative thoughts and be mindful of how you feel, consciously make a list of everything that you are afraid of doing. Things such as confronting your feelings to your crush, starting your own business, publishing your book, trying adventure sports, and anything else that you feel is holding you back can go on that list.

Once your list is ready, pick any one fear that you would like to overcome first and create a plan of action to curb it. If you are afraid of speaking publicly but have always wanted to pursue it, prepare a short speech on a topic you are passionate about and practice speaking it for a minute or two in front of the mirror, close friend or just by yourself.

Once you have command over it, speak on the topic in front of 2 to 3 people. You may stumble and make mistakes, but if you do manage to stay strong in that time, you will overcome a part of your fear. Slowly keep speaking in front of more people and soon enough, you will have overcome your fear.

After overcoming one little fear, take on another one, and then another one. Keep combatting your fears this way and thwart them one after another to

have better control of your emotions and master them. Remember to record your daily activities and performance in a journal so that you can go through the accounts time and again. This gives insight into your strengths, mistakes, setbacks and accomplishments so that you feel motivated on acknowledging your accomplishments, learn from your mistakes, and improve on them to only do better the next time.

Overthinking Symptoms

How should I start a discussion? What if I can't make it? Why did she or her leave? What if I not win?

These are sorts of questions which might flood your mind when you are overthinking something. Instead of accepting what took place or trudge forward with a specific level of doubt, overthinking something can keep you trapped and immovable.

From difficulty in sleeping to the risk of mental issues, studies have associated overthinking to various kinds of adverse outcomes. The reality is that all of us overthought specific matter at some point in our lives. There's an excellent opportunity we did not even know our ideas were not productive. This is because it is so easy to mystify problem solving and overthinking.

What is the Difference?

A lot of people believed they had to invest much time into worrying on specific issues. They were persuaded that if you spend a lot of time thinking about something, there is a good chance of coming up a better solution or avoid something wrong from taking place.

On the other hand, regardless of the amount of time you spend into thinking of an issue, what matters is how creative and prolific your thinking is. Mental energy and time are priceless resources. Of course, you don't want to waste these valuable resources on overthinking. However, investing mental energy and time into problem solving can help in making the best choices.

In problem solving, you are actively searching for the right solution. You are creating the action you can take, methods and techniques you can use and abilities and talents you can hone. In general, problem solving lessens your anxiety and stress.

Overthinking includes worrying, ruminating, and overanalyzing. It consists of dwelling on the issue instead of creating a solution. Constant worry increases suffering and pain. And the more sadness you feel, chances are you will focus more on the negative side that causes you to feel anxious. It stuck you in a condition of continuous stress.

Questions You Need to Ask Yourself

It doesn't matter if you are not sure what kind of action you wish to make or you are suffering issues in your relationship, reacting to these queries can help in knowing if you are overthinking or problem solving.

- What are the solutions to your issues? Some issues cannot be addressed. A recession in the financial system, your mom's health problem, or a blunder you committed cannot be resolved. However, you can change your focus to altering how you react to those conditions. Problem solving may involve addressing the issue or healing your feelings. On the contrary, thinking so much may take account of wanting things were diverse or rehashing things which already took place.
- Am I concentrating on the issue or looking for the solution? Searching for techniques which could assist you to evade of debt is useful. Imagine yourself becoming down-and-out and thinking of how unjust and undue your financial condition will keep you idle.
- What am I achieving by thinking on this? If you are attempting to acquire a new outlook, thinking of the problem may be valuable. If, on the other hand, you are going over a conversation, responding to your mistakes, or thinking of the things which can go wrong, you are overthinking everything.

Turn Overthinking into Problem-Solving

Constant worry can exhaust your mental energy, which is valuable in reaching your goals. Therefore, pay close attention to the instances when you are enticed to overthink. Once you swap overthinking for problem solving, you will be free to give your resources over to valuable and meaningful activities.

Settling on your issues is not useful- however, searching for a solution is. Ask yourself, "what are the necessary steps I can take to learn from my mistakes or to keep away from an issue in the future. Rather than asking yourself why this thing happens, ask what you can do about this issue.

Consider the Worst-Case Scenario

A lot of people always allow their thinking to jump to the worst scenarios.

This is called catastrophizing or catastrophic thinking.

It is a practice a lot of people get into for different reasons. This is hard to break.

If your loved one is about to go abroad and you are worried about crashing the plane down. Then, you might be susceptible to overthinking or catastrophic thinking.

This condition takes place to many of us at some point in our lives. It may be an outcome of your past bad experiences which you are not able to shake, or it can be associated with mental health problems like chronic depression or anxiety.

Telegraph columnist and clinical psychologist Linda Blair, once said that overthinking is a bad habit a lot of us fall into in some way.

In an interview with Business Insider, Linda Blair commented that no one is born overthinker. Little ones and not born overthinking. It is a protective system, as we think the worse and then this doesn't occur we feel eased and relieved.

Sad to say, life does not work this way. Through thinking terribly, we are really making things bad, as our insensible mind does not distinguish sensitively between what really occurs and what we think.

"You are living in an experience twice, and one of these is assured to be worse, as you are imaging the nastiest, she added. Therefore, eventually is not extremely defensive. It causes a high level of stress, as the emotional side, it imagining that this is taking place, and it is dreadful.

People might know the practice of overthinking as they have had an awful experience prior to that they did not see coming. To keep you safe in the upcoming, they begin thinking of the word possible situations in each condition, as they do not like to be caught off-guard once more.

People may think that going in the worst case in their mind will signify they get it completed, but in real life, this is not reasonable at all. No one can forecast or stop the future. Some catastrophize as it is what their relatives did, and they acquire the pattern of behavior they saw when they are growing up.

According to Blair, you do not always have to experience, which causes psychological issues. We are likely to get a bit hung up on that. However, it can simply be because is what you witness and what is what you duplicate.

Calm Support Network and Logic Are the Best Solutions

Overthinking, like any habit is difficult to break. Habit is stubborn, and in most cases, people have acted the same way for many years, maybe decades.

According to Blair, a terrible habit is always ready to bounce back into our lives, most particularly if you get very emotional. However, the solution is to know how to be calm and rational.

People are likely to see how satisfying it is to concentrate on the rational answers, instead of to allow their thoughts to get carried away. If you are impulsive, you tend to slip back into previous habits. However, it only takes practice as well as persistence to know how to hold back and go initially to logic.

Another effective solution she suggested is to make a list of the most sensible and calm acquaintances, and telling them you may call them every so often, as sometimes you feel uncontrollable.

The superb way to acquire a perception of your thoughts is to have a word with somebody else and put it outside you. This is according to expert. You do not need to go to a therapist immediately; it is effort. It takes good seasons, good three months, and most often six months, to begin to change your habit.

Therefore, the next time you feel yourself spiraling over the reality, your husband is late and might involve in a mishap, or even something minor like somebody is not calling you back. Breathe deeply and try to think neutrally. Also, be responsive to the fact you are attempting to change, as it is not so easy to fine-tune our actions and manners."

"So, you should be kind and patient to yourself. If you are very emotional, there is a tendency that you don't remember to do it in the right way. Then, when we are calm and still, and things under our control, we get an opportunity to be logical.

Schedule Thinking Time

Stewing on issues for long spans of time is not helpful. However, a short reflection can be useful. Thinking on how you can do a thing in a different way or knowing possible drawbacks to your plan, can help an individual do good in the upcoming.

Include twenty minutes of "thinking it out" in your daily agenda. During that period, allow yourself worry, mull over or ruminate no matter what you wish.

When time is over, move onto something else. If you begin overthinking everything outside of the scheduled period of thinking, simply hark yourself back that you will have to wait until you "think it out" to solve those problems lurking in your brain.

Today our lives are turning out to be more penetrated with latest technologies. It appears that "being connected" twenty-four hours a day and seven days a week has become not just a new routine but also anticipation from our partners, friends, and clients. Being online always keeps your mind continuously coping with lots of information, absorbing it into some type, creating replies and multitasking. Checking your social media account while completing a project is multitasking, most essentially if you are doing it every minute.

Thinking Time is Fundamental for your Success

We are living in a fast-paced world. And we are trying to get the whole thing done sooner than before. We use evenings and holidays for work because it appears that we would miss something, if not. The pressure is present, and the amount of tasks daily is growing.

Despite the fact that it might appear that this is the latest custom, our minds and bodies were not intended to work and function under such forms with invariable distractions, pressure, as well as information overload. This is just not how people are wired. As a human being, we need rest. We also

need time to reflect on what has occurred during the day, and to get our focus back.

Or else we might be running everywhere and being full of activity incessantly.

Each Day Set a Thinking Time

5 to 10 minutes a day is enough to think about vital, but not critical aspects of your life and work, can really make a big difference. This is what I call "thinking about premeditated things."

- Priorities and goals
- Preventative deeds and developing preventive processes
- How you use your time
- Leading people and making relationships stronger

All of these are essential to human beings, most especially those who like to give peak performance.

For some, the best time to carry this out is in the morning before going to the office or the first hour at the office. In case you are working in an open area, look for a place in a meeting room or outside of your office.

Some people also find it effective during evenings as it is quiet and no distraction. If this works for you- perfect! The concept is to do this at least one hour a day. This technique will help you to dwell on challenges as well as the bigger picture and get your concentration back on the most meaningful and important things.

While it may appear almost impossible at the start, as you dwell on it, you don't have to worry about its possible, and you will be happy you did it. Just plan this block of continuous-time into your timetable and schedule other things in it.

No distractions!

During your thinking time, make sure all things that can cause distraction are switched off. No cellphone, no emails, no laptop. You have to completely concentrate on these essential factors, as they lay the groundwork of your success as an individual in the long run. If thinking time is pre-scheduled daily, it will be easier for you to reject other things.

Take a Break Every Month

Every month you may even need to take a day off for this purpose. You need to do this to off-ramp yourself from the world and think not just about problems at the office, but in your whole life.

Why am I doing what I am doing?

What things do I have to concentrate my time for better impact?

How do I build a better rapport with my daughter or son?

Take a stroll in the nearest theme park, or drive somewhere far from the hustle and bustle of the city. Go to the countryside or silent and calm places to enjoy Mother Nature and the tranquility of simple living.

30. Challenging Your Thoughts

Control Your Thoughts

Like I said, social media has become the most common distraction that people deal with. We all know that technology plays a huge part in people's lives. We believe it is also a reason for the problem of procrastination. But ironically, it has the answers to your procrastination habits. Since there is technology, you don't have to worry about ending your habit of procrastination. Why? There are numerous ways to overcome the habit of procrastination. Yes, for example, through motivation you can overcome procrastination, but apps and tools sound more practical than motivation. Don't they? So, if you are looking for best anti-procrastination equipment, know that there are many.

Small habits, big change

You already know small habits have a bigger impact on your life. For example, if you brush twice a day, you will not see the changes right away, but you will have a great set of teeth when you grow old. Just like that, when you practice simple habits, for now, there will be a massive impact on your life later. So, here are some of the tips that you should follow:

An organized individual

Do you think plans can't change your level of productivity? Well, try creating a plan, maybe for the work you have for next week or the work you have to complete tomorrow. And then, stick to the plan and see what happens. It might sound simple. You might even wonder if a simple plan can bring so much difference. Well, yes it can! Through a plan, you organize the work that you have to do. When you organize the work, you understand the process clearly. For example, you have to complete a massive project, but if you just let the huge project be as massive as it is, you will not feel like doing it. You will not be able to see the amount of work you have to do in a day and that will create boredom and ignorance. Thus, you have to organize the work that you have. Luckily, there are so many great tools and apps that you can find to organize work (more on this later).

Make it simple

Another common reason for procrastination is due to having complex tasks. Of course, some tasks can be complicated, but it is not as if you can't simplify them. For that, you have to set simple, achievable goals. Instead of saying "I'll complete the project" say, "I'll complete the first part of the project today." When you make it sound simple, it will actually be simple.

Have a schedule

Once you have a goal, it is important to schedule it because scheduled work has a higher rate of achievement. Break your work into chunks and set a deadline. If you set your own deadline, you will be able to achieve them before the actual deadline boggles your mind. Sometimes, you might come across unexpected situations in life, thus, completing the work before the deadline will help you stay in the safe zone.

Set aside distractions

You might already know the things that distract you. For example, if you are addicted to Snapchat, don't keep it your phone near you until you get the work done. Or if you are a LinkedIn enthusiast like me, stay offline until you complete the work. Don't even add the Google chrome extension of LinkedIn because it is incredibly distracting. The moment you see the notification; you might want to check the messages even if you have so much to do. Thus, it is better to put all your distractions aside and focus on the work you have.

The Pomodoro Technique

If you don't know what this means, this approach promotes working for 25 minutes and taking a break for 5 minutes. Most people consider this as an effective and excellent solution for procrastination. Honestly, this is a fantastic technique, and you will be able to get a lot of things done if you follow this approach. Moreover, by following this technique, you can ensure the quality of your work as well. During the break, you must not get distracted, thus do something like listening to music, walking, or even screaming to release stress. Whatever it may be, make sure it makes you feel relaxed and comfortable. Thus, the activity that you chose to do should be something that you like, but not will divert your focus!

Reward yourself

I don't think anybody hates rewards, so it is highly recommended to reward yourself when you follow your plan. For example, if you set a goal to write 2500 words within 5 hours, you must treat yourself once you have achieved it! You can reward yourself with ice cream or an episode of your favorite show. However, make sure that you'll get back to your routine once you've rewarded yourself.

The myth of doing the hard thing

So far, you have probably heard that doing the hard things first, help you get other things done sooner. REALLY? Let me ask that again, REALLY? The rule of doing the hard things first doesn't work for me. If it works for you, then, please ignore this point. But if you really give it a thought, you will understand the underlying concept. When you do what's possible, you become motivated to do the hard things too. Besides, when you try to the hard tasks and if it looks harder than it seemed, you might even delay the work. Thus, it is usually better to do things that are manageable first.

These are the small habits and changes that you must incorporate to become a productive individual. But there are many more anti-procrastination tips that I want to share with you.

Getting started technique

If you want to do something, you must get started. People usually procrastinate the beginning of a project, so it is important to understand the techniques to get started. How can you do it? Starting a project or a task will not be easy; in fact, it can be the reason for delayed submission. Whenever you plan to do a task, you need something to boost your mood. At first, getting started can be difficult, but when you move on with the task, it might seem possible. Thus, compare the way you feel when you start the work and the way you feel when you delay the work.

Even if you have done a little from the whole project, it's a good start. Starting the project is important, so it doesn't matter even if you do a very little portion of the whole project. There is a trick to make your mind like the work, and that is to start thinking about the work. When you keep your mind occupied with the task, you might somehow end up starting it. The reason is it is tiring to think, so you eventually start work.

For example, say you should edit an article. If you don't begin editing, you will never do it. Thus, just take the draft and change a few words.

Eventually, you'll end up changing the major sections where you wanted to change. You will do it even without forcing yourself to do it, which is amazing!

Or you can set a timer. What can you do with a timer if you really can't start the work? Simple, set the timer to 10 minutes or less and then, once the timer starts working you just remain seated. Even if you don't do the work, just sit there. Eventually, you'll start work, and you will not even feel that you have started. This is an easy trick because when you are within your workspace, you can't help, but work.

Thus, these tricks and tips might help you get better at what you are doing. The simplest mantra is "get started!"

Useful Tools and Apps

Now that you've learned almost all the possible trips and tricks, it is time to get a grip on the tools and apps available. Beating procrastination will not be easy until you get help from the technology that you blamed for your reluctance. You have so many great tools and apps to select from, yet we'll discuss a few beneficial tools that you can rely on. Here we go!

Procraster

This is one of the procrastination-busting apps, but compatible only for iPad and iPhone. The app will support you throughout the procedures by providing the right answers and advice as for the option that you provide. For example, if you select the option "I don't know how to start" the app will suggest breaking the tasks into chunks. It provides not only ideas but also guidance to do the work. You'll find a rhythm to your work, and you can even check the statistics related to your productivity. The statistics will become a motivation to reach the goals.

StandStand

Anecdotally, it is considered that changes in the working environment can cause positive changes to your productivity. Thus, the introduction of the portable standing working table has become a great piece of equipment to fight against procrastination. Sometimes, you might get bored by sitting for long hours, in such case, you can consider the StandStand table. The StandStand table helps to increase productivity by allowing you to alternate between sitting and standing at your workstation. Once you change your

posture, you'd be able to do focus and get a lot of things done. This is available for purchase on Amazon.

Focus writer

If you want to type something on the laptop or computer screen, you must make sure that you don't get distracted. It is easy to get distracted when you have the option to open as many as tabs as you want. While working on screen, if you have too many tabs open it will definitely kill your productivity. So, for that Focus writer is a great tool. This is a program that works exactly like a Word document. It also has built-in timers, better ambiance, daily goals, and many other options. This program supports Windows, Mac, and Linux system. By using this tool, you will be able to do your work on time with better productivity. Moreover, the time that you usually kill can be saved.

Freedom

This app provides peace of mind by helping you focus on the important things and avoiding distractions. Once the app does it for you, you will be able to focus on the work you do. People often procrastinate when they slowly shift from an important task to another entertaining activity. For example, say that you are working on a project, but meanwhile, you are scrolling through Facebook feeds, so do you really think that you can give your best to work? I don't think so. When your attention is divided among other unimportant tasks, you will not be able to give the best to your MOST important project. So, the Freedom app will help you by blocking sites such as Twitter, Facebook, and so on. The Freedom app will block almost all the time-consuming sites. So, there's no reason why you must not consider it.

Todoist

This is one of the popular apps that you might have often come across. People usually procrastinate because of not having a proper plan. Or not knowing the task to do next. If you have a structured plan, you will be able to understand the task that you must do next. So with the help of the Todoist app, you can get the structure of the plan. You can use this app to track and sync the tasks to your mobile and other devices. The app is available for Android, Windows Phone, iOS, and the web. Once you download the app to your device, you will be able to get the To-Do-List!

Write or Die

This is an excellent app for the ones who can't overcome procrastination even after changing their behavior. If you are still struggling to focus even after changing your behaviors, you must take extreme measurements. The app Write or Die will avoid procrastination by sending annoying pictures and sounds. This is called Kamikaze mode (derived from the term created from Japanese suicide pilots during World War II). When you delay work, the vowels on your documents will automatically be deleted. Perhaps, you wouldn't prefer deleting the words you hardly type. Thus this can be one of the best anti-procrastination equipment.

Spotify

This app will help you stay entertained while you are working. Whenever you find it boring to get your work done, you can play some great music on Spotify. This might help you avoid procrastination. Besides, if you play some motivational songs, you'll be driven to do the work.

Tomato Timer

I mentioned about Pomodoro Technique earlier, and this app relates to it. You usually procrastinate when you don't feel like doing a big task. But you still have to get this task done, and for that, you have to divide the big task into smaller tasks. The Tomato Timer app is the idea to help you to get things done by dividing them into chunks. You just have to set a timer, and then, you will be able to get the work done.

Even though there are many more tools and apps that you can consider, these are treated as the most important and beneficial ones! Select the most suitable tool or app as per your preferences and make use of it!

Secrets to Successfully Tame Your Thoughts

If people knew that succeeding in life was dependent on their actions, they would be less likely to worry about their lives. At times, we go through life with regrets and anxiety. We don't feel ready to let go of the feelings that we have embedded within us. Concerning our future, we worry about tomorrow, but a large number of people don't know the power that they have. The power that you have within you can easily become a destructive force or a constructive force that will push you to succeed in life. You have the power to control your life and live it as you wish. What you think about is what you become. If you keep thinking that you will always struggle in life, rest assured that you will struggle to keep things afloat. Conversely, if

you truly believe that everything will fall into place and that your time will come for you to enjoy life, expect to live a life full of optimism.

Still related to the notion of self-talk, it is important to talk about how you can successfully tame your thoughts to think in the right direction. Without a doubt, there are numerous instances where you will find yourself thinking negatively. How do you control this? How do you prevent yourself from thinking negatively? What are some of the routine changes that you can make to your lifestyle to ascertain that you take your thoughts? These are some of the questions that this section aims to answer.

Listen to Yourself

Again, this takes us back to the importance of positive self-talk. In order to tame your thoughts, start by listening to yourself. Do this as though you were explaining something to other people. How would you want to tell other people about the story of your life? Without a doubt, you would want to talk about everything that you have done well. No one would want to tell others negative stories about themselves. Therefore, you should adopt a similar attitude when listening to yourself. Focus on treating yourself with the same respect that you would expect from other people. This means that you should strive to focus on thoughts that put yourself in a positive light.

Your Inner Self is Listening

In addition, you should always bear in mind that your inner self is listening to your thoughts; this is the inner you. So, if you continue thinking about negative things, your inner self will listen and conform to how you expect it to behave. When thinking positively, it will also listen to you and adapt to help you perceive life with optimism. Therefore, before blaming other people for the bad things that are happening to you, remember that there is someone within you who is listening to your self-talk.

Befriend Your Emotional Guidance System

There are many cues that you can grasp from your emotions. Learning how to tame your mind can be effectively achieved by being mindful of your emotions. These emotions can easily tell you when you are angry or feeling anxious or overwhelmed about something. Therefore, by being cognizant of your emotions, you can master control over your mind before turning to think about all the negative things.

The point here is that you should pause every time you notice that your emotions have changed. You should take some time to evaluate your emotions and the ensuing thoughts before they gain momentum. The effect of this is that it will help you develop an attitude of thinking twice before doing anything. Before doing anything, you will reflect on whether what you're about to do is positive or not. At the end of the day, you increase the likelihood of making the right decisions without allowing emotions to cloud your judgment.

Find Your Stop Signs

Another practical tip that can make a difference in how you think is visualizing stop signs that signal to you that you should stop thinking about something. Your stop signs will warrant that you can regain your senses and avoid thinking about your past or worrying about your future. The best way of using these stop signs is to remind you that your thoughts are not helping to build you up. For instance, you can come up with a stop sign that reminds you that you are overthinking about events that prevent you from being happy. It might take some time for you to master how to use these stop signs, but the outcome will be rewarding as it will enhance your self-awareness.

Consider Words as Your Nutrition

When thinking about improving our health, we know perfectly well that this can only be done by eating right. The foods that you choose to eat have an impact on your health. In the same manner, the words that float around in your mind have an impact on your mental health. This means that it is essential that you control the information that you feed into your mind. For example, watching horrific content on television might not be as entertaining as you think. In the long run, this will have a negative impact on how you think and the thoughts that frequent your mind.

Remind Yourself with Affirmations

Becoming the master of your own mind also demands that you stay on top of your game. You have to keep yourself engaged in positive gear. Sure, there are instances when you might slip up and think negatively, but with the right affirmations, you will feel unstoppable. Have these affirmations in areas where you can easily see them. Pin them next to your files in your office. Before going to bed, remind yourself of your higher purpose by

reading out these affirmations to yourself. They can eliminate anxiety and soothe you to sleep better.

Take Out the Trash

Increasing your self-awareness about your thoughts will give you the advantage of identifying unnecessary thoughts and emotions. When you do this consistently, you will find it easier to declutter your mind. The notion of taking out the trash shouldn't drive you to overthink about your past. Rather, the point here is to develop an attitude where you simply admit that some thoughts are not worth holding on to. Practice meditation exercises as a way of increasing your self-awareness. This is the best way of raising your antennas high enough to pick any signals of unwanted thoughts in your mind.

Pursue Meaning over Pleasure

Evidently, there is a good reason why you should strive to be happy. Most people have never come to the realization that there are negative effects of focusing too much on striving for positivity. Sure, we all want our lives to be full of happiness. However, we should come to terms with the fact that too much of anything is detrimental. This also applies to happiness. When we go about chasing happiness, we surround ourselves with all the things that can keep us entertained and full of joy. The downside of this kind of life is that it can blind us with unrealistic optimism.

Indeed, without going through pain in life, it is difficult to grow. You will not learn how to deal with the challenges of life that transform you into a strong human being. Therefore, this should signal to you that going through anxiety and stress in the short run is not a bad thing. In fact, it is healthy.

There are two forms of happiness: eudaimonic and hedonic happiness. You should learn to recognize the kind of happiness that you are chasing in your life. Hedonistic happiness is the type of happiness that brings enjoyment and pleasure. Therefore, if you are seeking hedonistic happiness in your life, it means that your main goal in life is to seek pleasure. To these individuals, being happy involves simply doing things they enjoy and seek things that make them feel good .

On the other hand, eudaimonic happiness refers to the type of happiness where happiness is not the main goal in life. In this case, people pursue things of value in their lives that could lead to true happiness. The striking

difference in the two forms of happiness is that eudaimonic happiness creates happiness as a by-product of the things that you focus on. Conversely, hedonic happiness only focuses on pleasure as a motivational factor. The beauty behind eudaimonic happiness is that it creates a fulfilling form of happiness in the long haul.

With regard to the notion of taming your thoughts, you should embrace the idea of chasing the eudaimonic form of happiness. Don't just strive to be happy by seeking worldly pleasures. Focus more on what adds value to your life and you will feel happier in the long run.

Flex Your Muscle Memory

Technology has transformed the way we access information in today's world. The digital devices that we have been introduced to make it easy for us to consume information than ever before. However, this affects our muscle memory since we rely too much on these devices. You can find Millennials struggling with simple calculations where they have to turn to their smartphones. According to a study, to some extent, seniors from the Baby Boomer generation have better memory compared to Millennials.

Consistently sharpening your memory will undeniably help you in many ways. For example, it will ensure that you can hold onto memories that you don't want to forget. We have stressed on the importance of letting go of your past. Nevertheless, you should bear in mind that certain memories are worth treasuring and certain skills are worth practicing. Thus, you should always strive to improve your muscle memory.

From the information detailed in this section, it is clear that taming your thoughts doesn't have to be as difficult as you once thought. It is essential to wake up to the realization that it is equally important to take care of the mind as well as our bodies. Millions of people spend a lot of time, energy, and money to take care of their bodies. People are hitting the gym and ensuring that they eat right to keep themselves fit. But, what are they doing to make sure that they are mentally healthy? The mind is not beyond your control .

Before assuming the significance of taking care of your mind, always keep in mind that your life is based on what you think. So, it is best that you train your mind to think in the direction that you want your life to take. It is

amazing to simply know that you have the power to control your life. This power is fueled by the mind. Hence, ensure that you use it wisely.

31. Practicing Mindfulness

When you overthink, you detach yourself from the present moment. You become blissfully unaware of where you are, and what you are doing, it's as if you are on auto-pilot, but the thing is that you are only going around in circles. If you are a chronic overthinker, you need to find a way to snap yourself out of this vicious thought cycle before it sucks you in deeper, and this is where mindfulness can help.

Actually, mindfulness practice is not just for snapping you out of your overthinking habit, it can actually minimize the times you overthink, and maybe even eliminate this bad habit entirely.

Learning how to practice mindfulness is very important. It can help you to be more aware of yourself and your surroundings. It can really help you to understand your emotions. You can figure out what you are feeling, why you are feeling that way, and how you should respond to those feelings. If you are feeling down, practicing mindfulness can bring you back and help you to find positivity when you need it the most. Being mindful can teach you to pay attention to the smaller details and really live in the moment. It will allow you to live life to the fullest and appreciate everything that life has to offer.

Understanding mindfulness can benefit you by showing you how you may benefit by practicing mindfulness and allowing yourself to become more mindful. Learning to practice mindfulness will teach you how to become a master of your own mind and develop a sense of awareness of both yourself and the world outside of yourself. You may incorporate mindfulness into your life by a few simple and quick habits. It's easy to make your daily routine more mindful and to check in with yourself occasionally and be more mindful of your thoughts, actions, and emotions. To stay motivated on your mindfulness journey, you must recognize and remind yourself of the benefits of mindfulness. You may not have even heard of mindfulness, but it is a great tool to incorporate into your life to make the most of your everyday life.

What is Mindfulness?

If this is the first time you encountered the term “mindfulness”, it is similar to meditation, but at the same time it is different as well. There are some

concepts that are shared between the two practices, but they are not that many. Being mindful is being aware, but not judgmental, of what you are currently experiencing (including your thoughts and emotions) in the present moment. It being aware of yourself and your present moment. You might think that you are already naturally aware of yourself, but you will learn that it is actually a skill that you are still yet to develop.

Most people live their lives the way their thinking minds and egos dictate them. Some researchers call this unconscious perspective as the person's Default Mode Network, or DMN for short. Your DMN filters your present perceptions based on your past experiences, recurring habits, and any and all beliefs and/or opinions that you have developed in your life; the problem here is that it does not discern if the information it got is true or not. In order to be aware about the truth of the thoughts in your mind, you need to practice mindfulness.

People spend a majority of their time living as the voice that is inside their heads, and that voice is constantly analyzing and judging everything, and is always blabbering about useless stuff, and they often come with distracting mental images so they can hold onto their attention rather than let them take notice of what is really happening around them.

The truth is that everyone is conditioned to always be detached from the present. Do you think that you are better than most people? If you think so then you are most likely not. People who believe that they are not conditioned to act, think, and decide according to their habits and past experiences are the one who are more prone to overthinking and detaching from the present. These people are blissfully unaware of their conditioning, which leads to them living an "unconscious" life.

To practice mindfulness, you must know what it is and how you can practice it. It is more than simply thinking or having a mind. Mindfulness is the tool that you can use to be fully aware of yourself and your surroundings. It means that you are present in the moment instead of being distracted by the outside world, the past, or the future. Instead of worrying, you will be fully focused on the present. When you are mindful, you will be able to concentrate on what is currently happening. You may realize what it is that you are doing and how that makes you feel.

It is so tempting to get caught up in a number of distractions. Our devices constantly have new notifications on them. There is always a new person to talk to, a new task to complete, or a new place to visit. We get caught up in the shows we watch, the games we play, and everything happening around us. However, it's important to not lose touch with reality. Sometimes, it's crucial to bring your focus back to yourself and really concentrate on what's going on. Instead of worrying about the future or regretting the past, you must be able to concentrate on the present moment. If you are always waiting for happiness, it will never come. You must be able to live in and enjoy the present moment so that you can really live your life instead of having it always control you.

Mindfulness is also about not being completely reactive to everything. Sometimes, it's necessary for you to just live in the moment instead of reacting to it. Instead of being overwhelmed by everything happening, you can learn to enjoy all of the details. Instead of letting your judgment rule you, you can go with the flow and just live. It can allow you to be more curious about the world around you instead of making immediate assumptions and letting your first thoughts influence your behavior. You will allow yourself to think more deeply and truly reflect on what is going on.

Mindfulness is a natural quality; it is instinctual to be mindful. One doesn't create mindfulness. It is, rather, a skill that must be sharpened and looked into. You must learn how to access your mindfulness and use it the best that you can. Much like building your biceps with arm exercises, you can strengthen your mindfulness with practice and certain techniques. You don't need to change yourself to develop mindfulness. You only need to bring out the best of yourself to use it well. Anyone can learn how to be more mindful. It is a way of living, and you can make it a part of your routine. It is easy to learn, and it has been proven to provide you with results. When you are mindful, you will be able to accept what is going on around you without adding your own judgment to it. It is a way of existing and appreciating what is happening.

What is mindfulness?

Mindfulness is a person's ability to be fully present in the moment; it is being aware of where you are and what you are currently doing, but also not being overly reactive or easily overwhelmed by the things that are going on

around you. And although mindfulness is something that is naturally within every person, it becomes more effective when it is practiced every day.

When you make yourself aware to what you are experiencing by using your senses, or to your state of mind by analyzing your thoughts and feelings, you are being mindful. There are actually quite a number of medical research that shows that with consistent mindfulness training, you are actually remodeling the physical structure of your brain.

With this in mind (pardon the pun), the goal of mindfulness is to make yourself aware of the intricacies of your mental, emotional, and physical processes. It is basically you learning more about yourself.

What is Meditation?

When you meditate, you let your mind wander; there is no fixed destination, there are no finish lines to tell you when to stop, you just go where you want to go. Unbeknownst to many, meditating does not mean that your brain will be devoid of any and all thoughts, it does not completely eliminate distractions, it does not turn you into an empty vessel. Meditating is like you going to your special place where every second of every moment receives special treatment. When you are meditating, you venture into the innermost workings of your mind, you are more in touch with your senses (you notice the air blowing on your skin, you get a waft of the flowers on the mantle, etc.), your emotions (you love feeling this way, or you hate it, you crave for something, etc.), and with your thoughts (this is where you notice your irrational thoughts that trigger overthinking).

Mindfulness only asks that you suspend judgment and for once become curious about how your mind works; and you do so with kindness, both to yourself and to others.

What Mindfulness Is NOT

Before you start learning more about mindfulness practice, you need to get the records straight about it. Here are five things that people usually get wrong about mindfulness:

1. Mindfulness will not “fix” you

If you are suffering from any form of mental illness, be warned that mindfulness cannot cure you, nor does it claim to. Mindfulness can only help you deal with the symptoms, but it cannot fix the underlying ailment .

2. Mindfulness is not about stopping your thoughts or clearing your mind

When you practice mindfulness, you are not shutting down your brain. You are not emptying your mind of all thought. In fact, you are only actually acknowledging all of the unwanted thoughts in your mind so they can leave on their own. When you finish meditating, your thoughts are still in your head, but they will not be bothering you as much, and most of them are on their way out.

3. Mindfulness does not belong to any religion or sect

Anyone can practice mindfulness. Christians, Muslims, even atheists can all practice mindfulness. No one religion claims to have exclusive rights to meditating, you can practice meditation regardless if you are religious or not. You can also include some aspects of your belief into your meditation; for instance, if you are a devout Catholic, you can use prayers to meditate, or if you are a Buddhist, you can use mantras to get into the right headspace.

4. Mindfulness does not help you escape from reality

Just like how it does not help empty your mind, mindfulness also does not let you escape from reality. What many people thought about meditation is actually false. For instance, you cannot escape the real world and escape to a “happy place” in your mind. The truth is that mindfulness actually makes you more aware of the things that are happening around you, which is the polar opposite. Escaping to a “happy place” is only a stop-gap solution, when you get out of your happy place your problems are still in the real world.

5. Mindfulness is not a panacea

Mindfulness is not, nor has it ever claimed to be a cure-all for anything that ails you. If you are suffering from any sort of medical condition, you should seek treatment from a medical doctor, do not rely on mindfulness to let you “think” your sickness away. Many have tried to “fix” themselves this way, and most, if not all, of them have failed miserably. Meditation is just like a maintenance medication of sorts, it aids in proper treatment, but it is not the main treatment.

Why You Need to Practice Mindfulness

You can practice mindfulness in every moment. You can either choose to meditate and perform body scans in a quiet room, or for instance, when your phone rings, you can pause and take a deep breath before answering it. To make you even more motivated to practice mindfulness, here are some of its benefits:

It Turns You into a Better Decision-maker

One of the main problems of making a habit out of DMN is that you think that you only have limited choices to make decisions. Rather than considering if something can be good (or bad), you just act on whatever things might come by default. The more you subject yourself to this habit of yours, the more ingrained in your mind it becomes, until such time comes when you do it without even thinking about your best interests. Even just two weeks of mindfulness practice can greatly reduce instances of wandering minds and it also helped people improve their focus. In addition, mindfulness empowers people to be more creative and clear when making decisions, especially those concerning their finances.

Mindfulness also trains your mind to work more efficiently. Researchers compared the brains scans of mindfulness practitioners to a control group. The results showed that the mindfulness group had more executive control, in other words, they are better decision-makers. The practitioners also had better mental acuity according to tests done after they practice mindfulness.

It Provides You with A Place Where You Can Be Free From Conditioning

How many times have you watched the evening news and there always seem to be at least one news item that grinds your gears. It is quite unfortunate that most people go through life reactively. Mindfulness provides you with awareness and a space in your head that allows you to choose how to respond, rather than having a knee-jerk reaction to things. You get a chance to choose your reaction rather than letting your mind default to the kinds of reactions that society has ingrained into you.

It Allows You to Increase Your Emotional Intelligence

Have you ever been angry at someone and then later regretted lashing out on that person? How many times have you started crying and then immediately regretted it because you could not stop? Are you easily startled by even the smallest thing? Do you have a nasty habit of losing your

temper? If you think that your emotions are starting to take over your life, you need to practice mindfulness.

Medical studies have shown that people who practice mindfulness have better control over their emotions compared to other people. In fact, the US Military conducted their own research on mindfulness and how it could help sufferers of PTSD. Their research yielded that mindfulness can actually help minimize stress, and even ease the effects of chronic stress.

Mindfulness practice also helps people deal with change much better, become less dependent on the opinions of others, and also become more resilient when it comes to facing unpleasant emotions. Practicing mindfulness creates a bit of space between you and your emotions so you will have more time to process them and react to them accordingly.

Mindfulness training not only makes you more mature emotionally, you also gain more empathy, compassion, and you also become more altruistic. After even just eight weeks, you will feel more empathy with others, and you are also more able to take compassionate action.

It Helps Your Body Thrive

Lots of athletes from all over the world use mindfulness to improve their performance. University basketball players practice mindfulness to help them accept their negative thoughts so they will not get nervous during the game, surfers practice mindfulness so they can get a hold of their fears and ride those humongous waves.

Mindfulness can also increase the amount of physical activity that your body can endure. Most people distract themselves from their workouts, but it is actually better when you practice mindfulness while you are working out. For instance, if you are in a hurry to finish your weight training workout, you will only focus on doing the requisite number of repetitions, and not pay attention to your form. And when you are not careful about your lifting form, you are more prone to getting seriously injured. With mindfulness, not only are you careful about your weightlifting form, you will also feel more accomplished with every set that you complete.

It Helps You Become More Creative

Regardless if it is with writing, drawing, sculpting, and other arts, you can use mindfulness to increase your creativity .

Creativity arises from the DMN. In these periods of unfocused rest you have the chance to have a different perspective, you can make new associations between ideas and strike upon them. For instance, if you are a sculptor, you do not immediately know what to carve out of a huge chunk of stone. You need to sit in front of that huge slab of stone, and visualize what you can make out of it. The only way to see the final sculpture clearly is to eliminate all distractions around you.

The greatest obstacle to your creativity are the distractions that are around you. When your mind is distracted, it cannot switch from the its task-positive mode back to the DMN, which leads you to getting stuck in a rut. To make things worse, these distractions come in many different forms, from your regular daily tasks, to the different ongoing stressors that you have to deal with (like relationship and money problems).

With mindfulness, you can say goodbye to all of your distractions, and say hello to an almost infinite source of inspiration.

It Helps Strengthen Existing Neural Connections and Build New Ones

Remember earlier when it was mentioned that mindfulness can actually reshape the human brain, it meant in terms of creating new neural connections. Practicing mindfulness as often as you can will cause your brain to build new neural pathways, and ultimately new neural networks, thus making it function more efficiently. This helps your brain by improving concentration and awareness.

What do you need to do to be More Mindful?

Practice mindfulness ad nauseam. There is no shortcut or magic pill that will help you become instantly more mindful. This book does not promise instant results, although you will receive tips that will make the process much easier, but it will still take you some time before you can become fully mindful. Being mindful means that you are training your mind to be aware of what it is thinking, rather than becoming what it is actually thinking.

This is where meditation can help you. There are many ways to meditate, the traditional method of sitting in a quiet place and observing your thoughts without being judgmental is the easiest way, and is also the best place to start for beginners. It might sound simple, but the problem is that most people are not living in the present, they are constantly worrying about

things that are yet to happen, or happened already. Your thoughts are constantly running around uncontrolled in your brain. With mindfulness, you can put a bit of space around your thoughts so you can easily let go of comparisons, judgments, and control of them.

Practicing Mindfulness

To build a habit, you must learn how to practice it. This is true for mindfulness. You must learn how to practice mindfulness so that you can begin practicing it in your life. Once you understand how to practice mindfulness, you can begin incorporating it into your life and make it a part of your routine. It can help you to improve your day and become more aware of your surroundings. With practice, mindfulness can come naturally to you. Although it will take effort at first, mindfulness can be a very simple habit to incorporate into your life.

To practice mindfulness, you will have to become more aware of your thoughts. Instead of allowing yourself to become absorbed in your worries, reacting to the world around you, or adding your judgment to each situation, you must become focused on the present and your life. It's important to develop a connection to the world around you and to be able to pay attention to how you feel and think. Mindfulness is about learning how to center your focus back to yourself instead of allowing yourself to get caught up in all of these thoughts.

You can practice mindfulness anywhere. You may choose to practice mindfulness during a routine activity, such as taking a shower or eating breakfast. Mindfulness is appropriate for any time, any place, and any person. You can choose to practice mindfulness while in motion or while staying still. What's important to remember is that you must be able to focus and shut off all distractions. When practicing mindfulness, you will instead focus on yourself and the world around you. It is as simple as paying attention to your senses. Focusing on your movement, breathing, anything that you smell, and more can make a huge difference. You are always going to smell, taste, hear, see, and feel. However, you aren't aware of your senses when you are lost in thought. It takes focus to be able to experience those senses. When you become mindful, you are more aware of what those senses are experiencing. You are tapping into what is already there but typically ignored.

Mindfulness also involves an awareness of your thoughts. You constantly have new thoughts, process them, judge them, and generate more thoughts from them. However, mindfulness involves observing your thoughts. Instead of processing them and judging them, you can listen to your thoughts. Just allow them to happen without feeling the need to do anything with them. Thoughts are constantly changing. Allow yourself to observe your thoughts moving from one subject to another without feeling the need to dive deeper and act on those thoughts. When you let your thoughts take over you, you will become overwhelmed, stressed, and anxious. By allowing yourself to be higher than those thoughts, you are separating yourself from your thoughts. You can be present in the moment instead of getting caught up in a path to the past or future. You will feel much better knowing that you have the power to control your thoughts, not let them control you.

Incorporating Mindfulness

Incorporating mindfulness into your life is easier than you would think. There are many ways that you can incorporate it into your life, as it is very versatile. Mindfulness can be practiced at home, at work, and even while you're out. It doesn't take any special tools or supplies to practice mindfulness, and it doesn't cost any money. While there are ways that you can add to your experience, such as getting a mindful meditation app or taking a class to become more mindful, you can practice mindfulness yourself whenever and wherever you would like. You may even pair it with activities that you already do every day.

One way that you may incorporate mindfulness into your life is by practicing it during every meal. Instead of mindlessly eating while going on your phone or watching the television, eat with mindfulness. Really take the time to focus on your food and eliminate other distractions. Not only will you feel more satisfied, but you will feel fuller and more nourished, which can eliminate the habit of overeating. You will never "miss" a meal, as you will be focused on your food. Take the time to enjoy every bite. Pay attention to how your food looks, tastes, and smells. This will help you to live in the present and enjoy your mealtime much more.

Start practicing mindfulness in every aspect of your routine. When you shower, enjoy the feeling of the water hitting your skin, really massage the shampoo into your scalp and relish in its refreshing, clean feeling. While

driving, focus on the road; practice mindfulness instead of letting your mind wander. Choose activities that you can really put your focus on. Pick a hobby that you feel passionately about. It's great to have something that you can fully invest yourself into and distract yourself from your thoughts with. You may like reading and getting lost in a good book. Perhaps running is your way of focusing. No matter what it is, having a hobby that you really enjoy and can focus on is great. You may also want to try new things, as you can get lost in the thrill of newness. Travel somewhere new, try new foods, switch your routine around, or decorate your house. You will find that you are more mindful in the present when you experience new experiences.

You may also go for mindful walks. Get yourself outside in the fresh air and really enjoy it. Focus on your movement. Concentrate on how your feet connect with the ground and leave it again. Notice how your body supports you and your movement. Focus your attention on your surroundings. Listen to the bird's chirp. Watch the clouds move. Smell the fresh air. When you can develop an appreciation for the world around you, you will be more grateful for life and much happier.

Taking a moment every day to focus on your breathing is another great way to incorporate mindfulness into your life. Focus while taking deep breaths. This can assist you with relaxation and unwinding. It may also help you if you feel particularly stressed or overwhelmed by a certain situation that may have occurred. Become aware of the expansion that occurs when you breathe in and how your body contracts when you breathe out. Take deep breaths to really fill your body with new air, while exhaling to release all of the old air. Free yourself from your thoughts by focusing on your breathing.

Throughout your day, you may also choose to take pauses. Take a moment before you act to really let the action sink in. After sitting, take a pause to become aware of how your body feels in the chair. Before sleeping, pay attention to how your head feels on the pillow. Focus on the feeling of your blanket against your body. Enjoy the darkness and the peace it brings you. Pausing to enjoy the little moments in life will center you, clear your mind, and give you greater appreciation for the finer details that life offers you.

When others are talking to you, listen to them. Instead of getting lost in your thoughts or thinking about what you will say next, truly listen to what others are saying. Don't judge their words; let them sink in. Others will

appreciate you more for it, and you will be able to absorb more information. Make it your goal to focus only on what others are saying when they are talking. Let their words resonate with you.

Meditation is a wonderful way to practice mindfulness. You may take some time to set aside for your daily meditation. Meditation can really help you to improve your mindfulness, and it is a great activity to add to your routine. You will feel a variety of benefits as a result of meditation.

Benefits of Mindfulness

Mindfulness can really help you. You will be able to focus on the present moment much more, instead of getting caught up in countless thoughts about the past or future. You will be able to make decisions better because of your increased ability to focus on what you would like to. You will feel more energized and motivated to accomplish all of your goals, as you will have a clearer mind and will stop focusing on the negatives in life. This will help you to accomplish more and be much more productive. Mindfulness will allow you to have access to greater opportunities and do more with your life.

You will also feel more energized. Instead of being weighed down by your thoughts and having little motivation to get out and accomplish your goals, you will feel a new sense of energy. You will be able to enjoy the present moment and have a greater appreciation for all that life offers you. This will also give you a new sense of hope and wonder. The world will seem like a more positive place that has so many wonderful details for you to become happy from. Mindfulness can really help you to live your fullest life.

Learning mindfulness is crucial. You need mindfulness to be able to take control of your thoughts instead of having them control you. This will allow you to minimize the overthinking, stress, and anxiety in your life. You will instead be able to be present in the moment. It will be much easier for you to observe your thoughts instead of getting caught up in them. Mindfulness is not a talent or a skill. It is, rather, something that we all possess but must tap into. Your senses will always work; your thoughts and feelings will always be present. However, you must be able to practice mindfulness and make a conscious effort to do so. It may not seem natural at first, yet it can really help you to improve your way of thinking.

You must understand what mindfulness is before you can begin to practice it. Mindfulness is focusing on the present and your thoughts, feelings, and surroundings instead of the countless distractions around you. To practice mindfulness, you must allow your body to focus and shift your concentration to the present. It is quite simple to incorporate mindfulness into your everyday life, as it is something you can practice at any time and in any place. It is free, easy, and can last as long as you would like. Mindfulness can truly benefit you, and it is worth it to try.

32. Negative Thinking

There is no way we can eliminate negative thoughts from our minds. They are a part of the defense mechanism of the mind, and they are important. However, the problem begins when they become so important that everything else starts losing its significance. The negative thoughts can start overpowering you and push you in the swamp of self-pity and regret.

These thoughts are destructive and very damaging. They begin with positive intent but cause a lot of damage. They can shatter the victim's self-confidence and make recovery very difficult.

People with negative thoughts find it very difficult to summon the courage to get out of the trap. It may be difficult, but it is definitely doable. It is very much possible for everyone to get out of the trap of negative thinking.

The common problem with negative thinking is that people have the wrong approach. They are unable to identify the negativity in their thinking. You can't fight an enemy you can't see. Recognizing Negative Thinking

Negative thoughts mostly begin as good intentions. Like, 'I should eat healthily.' There is no problem with this statement. But this statement has most likely come from regret. One makes such a statement when there is a realization that there are problems in the lifestyle that need to be changed. These statements stem from the compulsion one feels. However, making such statements can have a negative impact on your psyche. When you say that you should eat in a healthy manner, you are indicating that there is a problem that needs to be corrected. Such problems are never easy to deal with as they have a long past and mostly take a lot of time. In the meantime, your brain would keep getting guilt signals every time you fail to keep up to your pledge.

There would be times when you wouldn't be able to keep up to your resolve at all, and that would have negative consequences. The negative thought process would get stronger and it would keep pressing you down at the back while you don't even recognize it.

This is just one statement. You can put pledges regarding your relationships, habits, thought patterns, fears, phobias, or anything else, and the result would be the same. Whenever you won't live up to the demands, there will be negative thoughts of self-pity, regret, and resentment.

It soon gets converted into patterns of automatic negative thinking. The mind learns and starts reacting to things in negative ways even before an action has taken place. It means you start losing wars even before you have declared them and even keep getting ridiculed for losing a war you didn't even fight.

Negative thinking doesn't have a grand beginning.

It begins with smaller failures and keeps building up inside your mind. It is important that you change the way you look at things. The way you make commitments to yourself has a very deep impact on your mind. When you say that you should do something, it implies that there is a need to do something, and you must get on to it. It becomes a compulsion to follow that up. Now, most such things are important and they must be done but it is always not possible to do them. In that case, you will be carrying an unnecessary debt on your mind .

You must make such statements carefully. In place of saying that you should eat healthily, you should say I will try to eat as much healthily as possible from now.

The same should also go for your fears. If you are fearful of public speaking, but your work forces you to do that, there is no use saying I should be able to speak in public without fear. This statement will fill you with self-pity as you'll fail yourself every time you speak in public. You must start with something like I know I am not able to speak in public with confidence but I am working on it. I will try to find ways to get over this problem.

Negative thinking can have a detrimental impact on your confidence and self-respect. It can make you feel bad all the time, and most of your efforts may go in vain as you would keep feeling defeated from within.

However, if you are already suffering from negative thinking, there are several coping strategies that can help you.

Coping Strategies

Mindfulness

Mindfulness is a great way to get out of the vicious cycle of negative thinking. Mindfulness helps you in remaining grounded in reality. You are able to understand your limitations clearly and get a chance to work slowly

toward improving them. Mindfulness is a process of continuous improvement. It also helps you in getting free from the baggage of past experiences, and hence you are able to try fresh every time.

You can try mindfulness meditation to prevent the formation of negative thoughts in your mind.

Thought-Modification through Cognitive Behavioral Therapy

Cognitive Behavioral Therapy is based on the concept that our feelings, actions, thoughts, and physical sensations are interconnected and changing one can help in changing others.

It can help you in reducing stress and coping with complicated relationships. You may find it easier to deal with grief in life or face other tough challenges in life.

This is a way to modify the way our conscious mind work. This therapy doesn't have any effect on the subconscious mind, but it is able to affect the way our conscious mind thinks and perceives things.

Remove Negative Influences

Having a little momentum going before getting to this point may help you see clearly, now that you've taken a step back, evaluated your thought processes, and begun to change them through better, healthier habits.

Removing negative influences from your life encompasses a great deal of space that is filled with different things from person to person. Negative influence does not look the same for everyone, so again, it is important that you not get caught up in comparing yourself with others. No one out there is better than you because they don't struggle the same way that you do. I guarantee all those people who appear to be living perfect lives in social media are struggling with their own personal obstacles. It's time to focus on you and to chase out those distractions that are holding you back, or worse, forcing you to move backward.

You may have mentioned things that have happened to you in the past that you continue to carry with you, past trauma, or bad treatment from others. Maybe you wrote down things like a bad boss at work, or friend who keeps trying to get you to get high with her, or videos in your social media feeds that show you images of the person you're supposed to be and it's making you sad. Now that we've walked a few steps forward in the process of

turning overthinking into focused achieving, it's time to look at your life and determine how many of those negative influences are still present. You may have eliminated some big sources of overthinking, stress, and negative emotions, but are there a few still present in your life that is holding you back from your goals? For each reader, this list is going to look very different and I'm not trying to take the place of a counselor. But with a clearer mind, you should be able to see how certain influences continue to cause you more harm than good. It is up to you to make changes in these areas, but I can offer a little advice for you along the way.

First of all, it's never easy to cut ties with something or someone who has been present and comfortable in your life for a long time, even if this presence is ultimately harmful. A lot of times, people see what they want to see and avoid anything too challenging. That's probably where you were at the beginning when you first decided it was time to make a change.

Getting rid of negative influences in your life is very important to your progress. It is very easy to embark on a journey like this, succeed, then slide back based on the negative influences you let take hold of your life again. Confidence is important, but it is also important to not underestimate the power of other people and influences in your life. Even the smartest of us are fooled sometimes, whether it's a marketing scam or a lie from someone we trust. If there is someone in your life who is having a negative influence on you, it may be time for an important conversation.

Talking to friends

First, let's talk about how to approach friends. A lot of times in a strong friendship, we learn to overlook little things about the person's personality or character that we may not think are perfect. Nobody is perfect, and your friendship is more important than a lot of those little imperfections. You may have had bad arguments and disagreements, but if your relationship has lasted through these, you know that the bond you have with the friend is very strong. But sometimes, the things we overlook are actually a lot bigger than we make them out to be and need to be addressed.

There are many different kinds of negative influences that can be introduced from a friend. Your challenge is to determine whether these negative influences are hindering your progress toward becoming a happier, more functional person. If the answer is yes, as hard as it may be to accept,

it may be time to have a talk with your friend about removing the influence, or else cutting ties completely.

This is never an easy decision to make and it may hurt at first. But if you give yourself a good amount of time to think it over and keep coming back to the same hard truth, it really is a good idea to move away from that influence.

Try not to make the meeting confrontational. Even if the discussion ends up being a difficult one, the best way to approach it is through the lens of how much you value the good times you've had with your friend. Sit down together and approach the subject by explaining thoroughly what you are trying to do in your life. Explain that you are making a lot of difficult changes in order to live a fuller, healthier life. Explain that you've struggled with the same mindset for so long without results, and now it's time to remove influences that are keeping you from your goals.

It may not be so serious as to have to cut ties completely with your friend. Perhaps it is just a behavior or tendency that you need to ask your friend to stop bringing up around you. If they tend to gossip nonstop and talk negatively about other people and you find that this feeds your cycles of obsessive thoughts and overthinking, then tell your friend you don't want to talk about those things with him or her anymore.

Perhaps it is drug abuse, alcohol abuse, or some other physically harmful influence your friend keeps bringing around you. In both of these situations, a friend who truly cares for you and your wellbeing will understand as long as you approach from an honest and genuine place. Don't come out accusing your friend of purposely causing you harm. They may believe their lifestyle works for them and they have no intention of stopping. But that doesn't mean they won't be willing to adjust their behavior around you in order to help you reach your goals.

Think of another possibility. You may begin talking to your friend or friends about what you are trying to do with your life, and they may light up at the idea of trying it themselves. Through having an honest discussion with your friends, you may just gain a strong ally and partner to continue down this path to clarity. Don't be afraid to talk from a place of vulnerability and earnestness. You may just prove to be a powerful and positive influence on their lives in return!

Talking to a loved one or partner

Talking to a friend about how they may be negatively influencing you in some way is hard, but talking to a loved one or partner is probably going to be far more difficult. If you are lucky enough to be surrounded by supportive, positive influences in your life, then count yourself very fortunate indeed.

However, if you are suffering in a toxic relationship to any degree, it is very important to address the problem as soon as possible. And while grappling with a decision of whether or not to cut ties with someone close, it is important not to confuse something that is fixable through discussion and communication with those things that are not. Everything needs to begin with clear, honest communication. Research shows that a large percentage of marriage problems stem from bad communication habits. Miscommunication can turn a minor misunderstanding into something devastatingly painful. If something your partner or loved one has said or done caused you pain, perhaps it was simply a miscommunication on their part. This won't be the case for everyone, but if you've experienced a mostly positive, supportive relationship with that loved one, then there is a higher chance that it is something as simple to fix as miscommunication.

However, if you've experienced a long history of constant abuse in one form or another, then it is time to gather up some support and confront the negative influence head-on. Don't disappear without a conversation unless the current situation is putting you in physical danger. If this is the case, it is imperative to leave the situation immediately.

But if it is a matter of breaking up with a boyfriend or communicating with your partner or loved one about how to break some bad habits that are hurting you, your best route is to set aside a large amount of time for some serious discussion. Again, it is going to be very important that you not begin the discussion by being confrontational. Be honest and offer some background and context for why you need to talk. Confusing your loved one is not going to help you.

As with a situation where you need to talk to a friend, honesty and vulnerability are the best policies. Don't do all the talking, give your friend or loved one a chance to talk and explain how he or she is feeling as well. If the relationship has strong redeeming qualities and is worth working on,

then you should end up at some kind of understanding and agreement for moving forward.

Give yourself time after a break-up or cutting ties

If your decision was to break it off with the negative influences in your life, then you need to give yourself some time to recover and move through those emotions. Don't try to get right back up where you left off if you are hurting and need time to grieve the loss. This is completely normal, even if what you've rid your life of was negatively affecting you. Human beings are creatures of habit, and anytime a regular presence is removed abruptly from our lives, we're going to feel effects as we readjust. You may need a day or two or a couple of weeks or even a month. This is okay. When you are ready, come back and refresh yourself on your goals and keep moving forward.

The worst thing you can do is try to cushion your emotions with a rebound. There is nothing more harmful to you or another person than using someone else and their emotional attachment just to soothe your own emotions. Even if this is tempting, it is important to support yourself and find more healthy tools for moving through your feeling of loss after a bad relationship. Trust and depend on those people in your life who will love and support you. Don't turn to a stranger.

Other negative influences

Now that we've gotten through some of the tougher topics, let's talk about some other possible negative influences that may still need to be addressed in your life.

Bad food habits are some of the most difficult habits to break because they are so immediately gratifying. The same is true for habits like drugs and alcohol, which offer immediate feelings of inhibition and euphoria. Don't let guilt come into play as you evaluate your food habits. Everyone struggles with eating healthily, and the fact that you can't seem to stop getting that chocolate bar from the vending machine at work every day doesn't make you a bad or weak person. The fact that you recognize it as a bad habit is a great place to start.

Here it is again—take baby steps. Don't decide that from now on, after having eaten chocolate every day for the past two years that you are going to never touch chocolate again. I promise you...it isn't going to happen.

Instead, limit your chocolate intake by one day per week. That's right. If you literally eat a Twix bar or something every single day, choose one day out of the week and set a goal of not eating chocolate that day. It's as simple as that to start making healthy changes to your eating habits. We still must consider that changing behavior and eliminating bad habits is not something that happens overnight.

If you buy your chocolate at the same place every day, then there are additional steps you can take to help you start eliminating this habit. Find a different route to your desk, even if it is longer, that does not pass that vending machine or the snack counter or the cafeteria at work. Obviously, this will be adjusted according to your environment, but just seeing a place that offers chocolate is a bad influence on your behavior because seeing that place triggers in your brain that it is time to eat chocolate.

The same principle applies to advertising. When you see those images of juicy hamburgers in TV commercials, it's not just because they're trying to show their products—they are subconsciously influencing your cravings and placing a connection in your brain that associates being hungry and craving hamburgers each time you see this commercial.

To remove this negative influence, try to limit your exposure to these ads. It may be difficult, as these ads are everywhere. But with a little creativity, I'm confident you can find ways to remove a lot of this influence from your day-to-day routine.

A lot of negative influence stems from media and the images we find there which affect us emotionally as we associate positive things with the advertising we are bombarded with every day. Removing as much of this influence as possible is going to do a lot toward improving your self-esteem and positivity. And again, all it takes is one small change at a time.

For example, at the grocery store, instead of staring at the magazines and perfect bodies on the front covers, challenge yourself to listen to the voices around you, maybe strike up a conversation with someone else in line as we've discussed before. This is going to remove the pattern of seeing an image and immediately judging yourself in comparison with what you see.

The same influences exist on your phone and other mobile devices. It may be harder to avoid these ads, but a good start would be to go through your social media feeds and stop following personalities who advertise workout

or nutritional products and then flag ads that keep appearing in your feed that you don't want to see anymore. And, of course, the best way to remove this negative influence from your life is going to be limiting the time you spend on your phone in general. Replace the hours you usually spend on the internet with something more mentally healthy, like something from your new list of interests and healthy habits to introduce into your life. It may be difficult at first, as breaking off any bad habit always is, but you will immediately start to see and feel the positive difference of clearing your mind of those influences.

Another negative influence may be difficult to pinpoint at first, as they present themselves as helpful and vital to self-improvement. If you are prone to listening to someone else in your life and seeking out their advice, it may be time to try and break off that dependency in favor of becoming more independent in your thought process and habit forming. Like I said before, no one knows you better than you do, and just because something works well for someone else, doesn't mean it's going to work perfectly for you as well. So, stop watching Dr. Phil and get out your journal. Listen to your mind and body. It should be a lot easier now that you've done so much to clarify your path to a better you. Also, be proud because you've done all the heavy lifting yourself!

Changing your job or career situation

In the realm of negative influence, nothing can be more insidious than the slow, gradual death of working a dead-end job. If you left high school or college with big ideas and plans for your life, only to see them disappear as you settled for that boring but dependable job at a company you don't even care about, it may be sucking you dry of any and all motivation, passion, and energy.

If this is you, rest assured that you are not alone. Our society today encourages and even praises those figures who are willing to work themselves to the ground for a nice paycheck. We are inundated with the message from a young age that success equals money and responsibility. But, as we've already reflected on, the more you gain, the more you clutter your mind and home and the more stress you introduce into your life.

Life isn't about gain. Fulfillment in life does not come from possessions or climbing a ladder in a career. If the career is not something you love or are

passionate about, it's not worth your entire life's commitment. Life is way too short for that.

This may be the last and biggest obstacle standing between you and your new self. As we near the end of this book and your new confirmation as a refreshed human being with a clear mind ready to be filled with positive influence and experience, make sure that the one place where you may be spending the majority of your time throughout the year is somewhere you truly want to be. Don't do this or pursue that because other people tell you it's the right thing to do. Do it because it's where you want to be.

Four suggestions to reduce negative mindsets

Several authors experience negative mindsets quite usually within their writing careers. They've become the habit of criticizing themselves during unwanted self-talk. These unwanted thoughts usually take authors into lands of unproductivity and maybe even hopelessness.

It's particularly critical for authors to get around these feelings of negativity as they have been fearful that they cannot be productive and joyful authors. Frequently, these unwanted statements obtain the best people, and also we are feeling struggling to create the very most effective manuscripts. When we can silence these mindsets, we can be successful.

This is the reason it's therefore crucial for authors to modify their mindsets from negative to positive types. In what follows, I summarize four steps to the majority of readily change negative mindsets.

1. Do not overthink

There's not anything more manic and more unwanted than over-thinking. Whenever you over-think, the human mind is too cluttered to be in its most beautiful. Your motives differ, and at the close of your afternoon, you might continue to be unsure exactly what your priorities will be. That is quite typical with the sort of mindset.

Indeed, one of the most significant ways never to overthink will always is to take a while for you to meditate. Even 20 minutes of meditation every day will decelerate your negative thinking patterns and also allow you to concentrate on what's important. Check it out for quite a couple of weeks and then see the change in your over-thinking habits.

2. Watch chances, not issues

Writers are a compassionate team of an individual. We have a tendency to be quite harmful, and also we concentrate on the issues and feel trapped with these. And that may set up us for perceiving and translating everything. Whatever things occur to people every single day, from rejections to not being in a position to finish our everyday word counts, we bring each one these matters in contrary provisions.

But once we shift our thinking patterns from negative into positive ones and view every problem as a chance for learning, our cognitive performance enhances, and we tend to be considered a whole lot more productive and fulfilled. There are courses embedded in every one of these issues. We all want to do would behave the opportunity to ascertain precisely what they've been.

3. Picture doing what seems impossible

The absolute most essential things that authors can do to themselves is to assume they will reach something which induces them great panic, like sending manuscripts outside to publishers. Like that, a writer can feel positive about sending her out the document, and she can see right now how good she's going to feel later she's ever sent the manuscript out.

4. Confront negative ideas mind on

Sometimes we are our own worst enemies. We can concentrate on our negative thoughts by what we're doing. This may make patterns of negative thinking that may persist for quite a while if we aren't attentive. Ergo, authors must prevent destructive thoughts in their tracks. Remember, you are simply a brand new blossom, and you are attempting to handle an extremely dense atmosphere. You certainly can perform it. However, it's going to be quite tough to accomplish so in the beginning .

By following this advice, you'll undoubtedly be taking perfect measures to prevent adverse thoughts and mindsets. This will enhance your imagination and general productivity. And also, this can be a win-win for most authors and outside.

Discontinue overanalyzing every thought to get peace-of-mind

A first thought

A cascade of thoughts comes in the head with a lifetime of their own. One minute everything is okay; the next, you are stuck within a web of jealousy.

The notions guide you down a course of nothingness, and you have to understand these ethics.

How can this happen, and do you let yourself become swept up in the stress?

It's simple to become entangled within our minds as we experience those tens of thousands of times each day.

Thoughts go our mind for no real reason; of course, should we cling to them, that they can create emotional traumatization .

We supply the maximum attention to notions associated with our survival and happiness. Situations that interrupt our homeostasis are very likely to lead in over-thinking.

But, overanalyzing can be a vicious cycle that does not reach more than induce stress.

Much enjoy the youngster, we have lost in emotional events... The longer people focus on and listen to those intricate mental events, the more complicated the internet of sophistication we generate, says author and meditation master origin chowing in, our pristine mind: a practical guide to unconditional happiness.

Consider that, when was the last time you ever had the first thought?

You'll find that it had been months or weeks after you continue struck one. That is only because you are familiar with reacting to external occasions, which means that your thinking represents what is happening in reality.

Over-thinking may cause stress as our thoughts create destructive feelings that affect our long-term wellbeing .

Our thoughts are detrimental if we over-analyze them instead of letting them maneuver throughout your brain boggling.

Recycled thoughts

We're notorious for recycling ideas, so it flaws the current moment.

We aren't necessarily present but swept up within our heads.

Orgyen Chowing supports, "the very first move is to comprehend your mind is naturally immaculate, and your emotional events are only passing through. You have to accomplish that profoundly.

Remember back into an occasion when you had participated in a leisure activity such for example: a game, a pastime, or spending some time together with friends. Remember how time passed, and you are consumed in the present moment, perhaps not contemplating the near future.

You are at the stream way to function as from the zone. It involves being chilled in your activity, which means that your thinking exists as opposed to stuck in the future or past .

To keep away from overanalyzing notions, you have first to recognize it's an all transparent process which you must work together with.

To simply accept, we cannot stop mental poison means detaching ourselves out of being spent included. We aren't getting active from the emotional drama and allow thoughts to flow throughout your brain, unopposed.

I love origin chowang's information to apply meditation together with your eyes open. He summarizes three powerful methods to deliver our ideas back into the current moment employing the pristine mind meditation:

1. Do not adhere to days gone by.
2. Do not expect the near future.
3. Stay in our moment.

Consequently, if we're overanalyzing thoughts, we only draw our comprehension into your custom. This slows our thoughts; therefore, we know exactly what exactly is happening.

If we need reassurance and also far better self-control, we will need to accept it simply is not possible to get a handle on what has our heads. We all could do is choose what we believe and that which we behave on.

When powered by our instincts, we answer what's happening within. We encounter interrelated ideas and feelings and question how people got there.

Imagine when we understood we're overthinking and shying off from the notions?

By practicing this easy procedure, the head becomes conducive to having thoughts without overwhelming one.

Thoughts are similar to horses attached to your chariot, and you're the motorist. Should they unexpectedly remove, there is little you can do to

impede down the chariot? But if you choose the reins, you are well equipped to maneuver it in the direction of one's choice.

To love the essence of one's mind, it is crucial we split out the time for you to unwind from silence. We are overwhelmed with noise inside our lives, and we think it is tough to be alone in silence. Yet, at any time, we must put our mobiles, tablet computers, or television to execute additional tasks. This usually means connecting and the normal flow of their minds .

Should you wish to lead a far more serene living, the most important focus needs to shift from outside events into the inner, like a general clinic.

Lots of men and women state that they will have time for you to meditate as their lifestyles are too busy. It's these people that meditation has to become necessary eventually.

Only because we cannot view our thoughts does not mean that which is okay. During a catastrophe, we might fall into bits to believe it is hard to regain calmness and enjoyment. That is only because we've allowed ourselves to become swept up in the strain cycle rather than watching it coming.

A fantastic means to quit overanalyzing the mind is to go the own body via exercise, a brisk walk. This harmonizes your human body and mind, therefore, that we eventually become present, rather than living in the future or past.

33. Positive Thinking

Embrace Positive Thinking

What makes somebody think emphatically? Maybe a couple of us are that upbeat vagabond, whistling and kicking through harvest time leaves cool as a cucumber in light of the fact that our lives are regularly punctuated with extraordinary trouble and despondency. Be that as it may, how would we get back up again in the wake of having the breeze thumped out of us? Positive reasoning is something that really takes work. The best individuals are the ones that can likewise recognize the truth about life; a beautiful brilliant gift, not without affliction.

The indiscriminately hopeful individual doesn't see this and when they experience an issue, which they unavoidably will, it floors them. They didn't see it coming, how right? For they are indiscriminately idealistic!

You need a touch of cynicism to enable you to explore the world. Else, we wouldn't see the threat that is surrounding us, and we wouldn't have the option to investigate a scene in any incredible profundity if we constantly held a kind of Disney perspective on the world. What's more, we as a whole realize that is not how the world is. Yet, when things are going admirably, we should figure out how to outfit that and appreciate those minutes, since like the terrible minutes the great ones are brief as well. So, building up the capacity to see them when they are available is significant for your prosperity and emotional well-being.

You absolutely would prefer not to be the interminable doubter, that individual can never observe any great in anything and they are continually trusting that something wrecking will occur so it can reaffirm their perspective that life is 'a story told by a bonehead, brimming with sound and wrath, signifying nothing'.

Also, they are not extremely charming to be near, indeed, an innately contrary individual is debilitating to be with. Furthermore, it must debilitate to be in their headspace. Never open to the likelihood that decency and bliss are surrounding us. Be that as it may, you must be available to see it; your eyes can't perceive what the psyche doesn't accept.

Opening yourself up to positive considerations really expands the odds of positive alluring results happening in your life and consequently changes

how you see the world.

Can any anyone explain why a constructive individual pulls in other folks? For what reason would we like to be in their organization? What is it they have that is irresistible? What's more, how can it be that about every single fruitful individual has a positive perspective on the world and have a principal faith in themselves? What's more, by what means can we as a whole build up an uplifting mentality?

Think about the accompanying tips:

How would you like to think? What is impeding those musings discovering unmistakable quality in your life? It is regularly as basic as saying; 'I will be certain today. I will be available to the plausibility of something extraordinary occurring for me.' Negative musings can nearly end up like a companion to us; we can be hesitant to release them since they are so recognizable. Regularly we get trapped in a negative example of musings. It tends to be difficult to see an exit from deduction skeptically.

In any case, when we take a gander at how we think and why we figure a specific way we can begin to improve our point of view with the goal that it permits us the capacity to see the miracle of our lives and how to grasp the great occasions.

Think about how you think. Tune in to your considerations, ask yourself a significant inquiry, is the manner in which I'm thinking valuable or liable to realize a positive result or not.

Remember contemplations originate from you; you are responsible for them. It can regularly feel like we are a detainee to the huge number of arbitrary contemplations coursing through our brains. Be that as it may, we choose which ones are significant and important for us. Become better at altering your contemplations; focus on the ones that will improve your life, not those ones that keep you down.

Benefits of Positive Thinking

Why have uplifting standpoints in life, since you can? Since there's a great deal in it for you. That is the reason. Keep in mind, positive reasoning is believing that is naturally advantageous. This is the thing that makes it 'positive' in any case.

You've just observed the 10,000-foot view perspective on the three essential advantages: positive reasoning causes you accomplish something you need, encourages you feel better (or if nothing else better), and it's helpful and quickly improves your life somehow or another.

Be that as it may, you can burrow down further to identify progressively specific advantages that are likewise worth increasing in value. In view of this, here are a few advantages of reasoning all the more emphatically:

More achievement: having more vitality, progressively confidence, and increasingly self-assurance prompts more achievement

Better rest and wellbeing: increasingly quiet, positive feelings imply less unpleasant, negative feelings that can negatively affect your body; the outcome is you appreciate the medical advantages of positive reasoning, including better nature of rest

A progressively beneficial life: the more you increase the value of your life with positive reasoning, the more advantageous life is for you

More noteworthy certainty: the more you trust you can accomplish things (a typical type of positive reasoning), the more self-assurance you have

More satisfaction and happiness: the more positive worth that you find in life, the more joyful you become, and the more you appreciate life

Feeling more grounded: as your certainty and confidence increments because of positive reasoning, you likewise feel more grounded and all the more dominant

More vitality: positive reasoning frequently persuades and stimulates you to accomplish things

More genuine feelings of serenity: the better you feel by and large with positive reasoning, the more significant serenity you have

Higher confidence: the more worth you find in yourself with positive reasoning, the higher your feeling of self-esteem

Increasingly agreeable cooperation with others: the more you appreciate life and worth yourself, the more you will in general appreciate social connections

More noteworthy clearness of brain: since you have a decision, it bodes well to think in legitimate, adequate positive ways that advantage you as

opposed to in negative manners that hurt you; this is an advantage of positive reasoning great worth considering

Does Thinking Positive Have Any Kind of Effect?

Completely. You simply figured out how you can profit by positive intuition from numerous points of view, so sure reasoning truly works for improving your life.

The most significant inquiry, at the present time, is this: would you like to think positive contemplations and turned into an increasingly positive scholar?

This is on the grounds that the most significant factor for turning into an increasingly positive mastermind is to just need to think all the more emphatically, and to be definitive about making a move to think progressively positive considerations, paying little mind to whether any other individual needs you to think all the more decidedly or not.

With this lucidity of the brain, you are as of now well on your approach to growing increasingly positive perspectives about things.

Along these lines, if you have just realized what positive reasoning is, your following stage is to study how to think all the more emphatically and how to remain positive regardless of the conditions.

Does Thinking Positively Make a Difference?

If you have been feeling down, there is a valid justification for why it is going on. It may be the case that you are experiencing a tough time in your life, or it may be the case that you are discouraged. Discouragement is something that strikes many individuals; however, they once in a while, comprehend that they have an ailment. Regardless of why you are down when you are discouraged for over about fourteen days with no real-life occasion causing that feeling, see your specialist about despondency. You can take drugs to feel much improved, and you can likewise find out about the intensity of reasoning entirely.

Regardless of what somebody lets you know; you cannot simply snap out of melancholy. It isn't that basic. Those that state that doesn't comprehend what sadness truly is. There is something to said for working with your specialist on prescriptions and endeavoring to work out an approach to begin thinking decidedly. It's anything but a supernatural occurrence fix and

not in every case simple, yet it very well may be something you do that causes you to turn your life around. Indeed, even those that are not discouraged can take in something from positive reasoning all through life when things are great and when things are terrible.

There is no exact science behind the thought, yet some feel that only thinking decidedly can transform yourself around. The inclination is that if you accept that things will turn out badly, they will and that when you expect that things will go well, they will. The power is in the reasoning and in what you do with the emotions that your thinking achieves. If you are thinking positively, you will do the correct things for that positive result. Then again, you could likewise do the wrong things when thinking negative contemplations. Most don't realize they are doing it, yet it might be precisely what's going on.

Although you cannot by any stretch of the imagination trust that when you need something awful enough you can have it, or the world would be brimming with only specialists, demigods, entertainers, presidents, ballet performers, firefighters, and proficient competitors. You can buckle down and put your everything towards something and not get it. In any case, pondering what you need and progressing in the direction of its ups your odds of making your fantasies work out as expected. You can apply this to any part of your life, and you may get what you need. If not, it may be the case that reasoning emphatically opens entryways you were not expecting, and you will finish up in a far better spot.

Have a go at speculation decidedly in your life in little things and see what occurs. You cannot be sure that you are going to win a million when you scratch off a lottery ticket. However, you can feel that your new higher education is going to enable you to get your fantasy work. When your tyke is having issues, think in a positive way that you are going to support them. Your positive contemplations can enable you to locate the correct arrangement. If you don't know what to do at work when an issue emerges, you are thinking positively may help. You get the thought. Check whether it doesn't work for you.

7 Easy Steps to Think Positive and Change Your Life

Positive reasoning can add such a significant amount to your life - and now we realize that positive thinking can add a long time to your life. When you

think positive, you dispose of pressure and will, in general, carry on with more useful life and settle on better decisions. In case you're usually a negative mastermind, there are ways you can change that reasoning and jump on the way to life getting updated perspective.

If you genuinely need to start to think definitely and transform yourself to improve things, take a gander at the accompanying advances you can join into your way of life:

1. Be in charge of your musings. Nobody can reveal to you what to think or controls how you respond to your reasoning. When you start to assume liability for your considerations, you'll face the truth of what they're doing to or for you and be progressively ready to change those negative musings.
2. Plan to think decidedly. So many of our considerations originate from the subliminal personality. When you intend to believe unquestionably, you won't be as well-suited to take what you suppose as the real world. Instead, you have room schedule-wise and chance to thoroughly consider it and arrive at the resolution that mirrors the truth.
3. Stay away from pessimistic individuals. Pessimistic individuals can destroy your best-laid designs to think decidedly. They can bolster the flame of self-uncertainty and tension. It can now and again be delegated a group attitude, so don't fall prey to it. Have an independent perspective.
4. Record your contemplations. It's useful if you can see by the day's end what your considerations have been. For a moment, set aside the effort to record them. You'll see what turned out badly with your contemplations and have the option to improve them.
5. Think about the repercussions. For instance, if you have a due date for a task and it turns out to be evident that you're not going to meet it, think about what may occur. If you complete it on schedule, it won't be in the same class as you needed. In the fact that you take additional time, it might cause different issues. Additionally, think about the arrangements. For instance, you could request an augmentation to the due date.

6. Limit calamitous reasoning. As opposed to contemplating a circumstance, attempt to limit it, and lower your uneasiness level by being handy about it. In case you're vulnerable to those considerations, dodge circumstances, (for example, TV news) that my reason for restless reasoning.
7. Live for the occasion. When you contribute an additional measure of vitality attempting to figure or break down the future, you'll persuade yourself regarding disappointment - mainly when you've bombed before. If you think you'll come up short, you likely will.

Acknowledge the truth that you can control your considerations. You'll turn out to be progressively enabled to confront distressing circumstances throughout your life and to change how you think. It will end up more straightforward to keep up an uplifting disposition the more you work on intuition decidedly.

When you need an existence without uncertainty and dread and where neither nervousness nor enthusiastic irregularity is influencing your life's results; where your life is giving you:

- Complete equalization and congruity in your affection, life, and your expert life.
- Enthusiastic Freedom to feel settled, quiet, and in control, grasping your identity.
- Asserting and owning your capacity and;
- Accepting and confiding in a future where you feel boundless in what you can accomplish.
- Instructions to Think Positive Thoughts
- Instructions to think positive considerations that is the unavoidable issue!

Each idea we have isn't always solid and centered. The most significant piece of our day is depleted or spent in supposed minor musings, which are temporary contemplations that come and go and for the most part, does not help us in being sure.

Different sorts of contemplations that are not pretty much nothing or brief accumulate around comparative considerations. They are altogether joined around similar subjects and made convictions.

We can create our musings, or we can receive them from others. A portion of our contemplations was assembled all through our adolescence.

These considerations were in a general sense, not our own. We acquired them from our mom and father, family, and later from educators or potentially religious pioneers.

Furthermore, presently let's verify how these two gatherings of thought can make an impact on our life.

1-Big musings or convictions

If a couple of considerations are gathering around a similar idea and shaping a conviction, at that point, those contemplations are loaded up with a critical enthusiastic charge. These considerations will pull in your regular day to day existence similar individuals and conditions that offer the same vitality.

We make our world through our contact with the high intensity of free will.

When our convictions are sure, they will present to us some goals to every one of the difficulties that we are looked with during the most poorly designed conditions.

Having contemplations of overall achievement joined with an uplifting standpoint will carry you to a real existence brimming with parity and concordance.

Any place we go, regardless of whether we change the country we live in, our musings remain with us. Our convictions are always bringing into our lives, similar conditions, and occasions.

The fundamental issue that the majority of us battle with ordinary are negative contemplations and Ideas, which we animate by having confidence in them.

Ideally, you presently see how much harm you can do to yourself as well as other people in your surroundings by not having a decent inspirational standpoint.

Along these lines, you can and will pull in negative impacts into your life and not understand that you are doing it. By not being sure, you will influence everybody and everything in your life.

2-Small musings

Little transient negative considerations that can incidentally fly through your conscious personality and similarly as fast fly away could deliver awful states of mind, and complicated emotions, without knowing why or the logical reasoning behind it.

The issue with little contemplations coming all through your cognizant personality is that they as a rule return, and each time they do sadly can get more grounded and all the more persuading. All things considered, 70 percent of people group's contemplations are pessimistic from the everyday.

Delight throughout everyday life and your inward vitality are stolen ordinary when you think negatively.

Showing and developing into new convictions is actually what minor negative contemplations can do whenever left unchecked. This could draw in progressively negative things or occasions into your life.

The opportunity of decision is in our grasp. If you embed the idea and trust that ordinary you draw in what you think, we can make supernatural occurrences in our lives and improve it definitely by deduction positive.

In that manner, we can find two critical exercises which are an ordinary good faith and a presence brimming with bliss.

When you open your eyes, you will see the Law of Attraction is working surrounding you. In your life, in your connections, in your work environment, you can draw in everything that you need.

You need to consider what you truly need.

Your considerations can show your life into a physical reality. Try not to slight all that you have perused here or the essential standards we have talked about here. Do your best not to settle on a poor decision.

As a rule in life, we don't understand or comprehend certain things that occur in our life; however, we once in a while use them to support ourselves. By figuring out how to think positive musings and by associating

that with being sure in our regular day to day existence, we would all be able to make elevating contemplations to move ourselves as well as other people near us.

Confidence Boosters

Positive self-esteem

Positive self-esteem refers to a general similarity between you and others. You are more confident about yourself, you believe in your own abilities, and you can be a happier, more successful person. Once you know about confidence boosters and how they increase self-esteem, it's a simple job to apply them to your life. Taking care of yourself physically and mentally increases endurance and helps you to cope with challenges every day. Doing fun things helps you to lead a happier life. The people you associate with and build relationships with have a drastic impact on your own worth. Are you friends the people who keep putting you down, or are they the kind of people who praise you if you are successful? You have to stick around people who want you to be content to have high self-esteem and be satisfied.

Protective self-esteem

people with protective self-esteem have positive opinions about themselves but are vulnerable to criticism and delicate. When questioned by an official, they would blame or apologize others rather than recognize their responsibility. We don't know how to answer in a non-defensive way unlike people with positive self-esteem. These types of people constantly need to be strengthened in order to increase their trust. I always feel the need to bring others down to feel good.

Low self-esteem

Low self-esteem is something many young people are dealing with. It can be a result of numerous factors, such as genetics, physical appearance, violence, abuse and social status. Those who have low self-esteem are unable to integrate confidence boosters in their lives if their peers have positive self-esteem. When suggestions or compliments are given, they frequently take it personally and become self-critical and nervous. We often have unsatisfactory relationships and are unable to achieve our goals. Depression is also a low self-esteem trait. In some cases, it even gets so

high that they don't know how to deal with life anymore; they tend to hurt themselves and often contemplate suicide in some cases.

Self-confidence is a part of all of us. It is a product of our experiences, our ties, our goals and our actions. Although living with low self-esteem can seem like a daunting, relentless struggle, it can improve. The first move is to think about confidence boosters. The real task is to apply them. This sticks with you and influences the course of your life until you change your mindset and attitude.

Learn How to Alter Your Life with to Self Esteem

Here's a fundamental fact that I think you already know: 'good self-esteem is the key to success.' Regardless of whether it is friendships, jobs, social life, economy, you're still going to need good self-esteem. So how can we develop self-appreciation?

Let's look at it as an issue. 1–defining the problem, 2 –considering it, 3–seeing the solutions,4–implementing a solution. Simple! Easy! (I know it's not that easy, but let's do it.) 1. Defining the issue—generally, self-esteem means contrasting oneself to others. We all classify people, respect and look at some people, neglect or talk to others, deliberately or subconsciously, (horrible but real), everything is how we feel about ourselves about other people—we give ourselves a mental sign of our position in society. You think that we are worthless, everyone's better than us, and we're never going to get anywhere, you think, what's that point? '

It is because you have a misunderstanding about yourself, and this is the heart of the problem. Why is this a misconception? You are too self-critical because you have put the poor quality on yourself when contrasting yourself with others.

2. Think of it—let's use a metaphor first. Low self-esteem is like you have put something in a shop window with a wrong price card. Let's say that the items in the shop were you and your colleagues at work. You are all doing the same thing, you are all being compensated in the same ways, but the shop manager has placed \$100 price tag on them and \$1 on you, you're all doing the same thing because he clearly made a mistake..... And imagine who is the boss responsible for putting the wrong price ticket in a store—you're the one who handles your life. You can, therefore, correct this by increasing the price, i.e., by raising and creating your love for yourself.

Second, self-esteem is not something in your blood; you often see brothers and sisters, which have very contrasting personalities. The good news is that it can be learned how to build up or gain self-esteem. Interesting fact, did you know that around 60 per cent of us have low self-esteem according to surveys? You certainly aren't alone, though. It, I believe, is because we are not encouraged to deal with life, criticize and reverse, etc. from an early age or in the school a non-criticism seems to me-everybody succeeds mindset, but it does not teach you how to build up your self-esteem.

3. Look at the remedies-You need some self-analysis to get a real objective view of yourself to see how to develop self-esteem. We all have strengths and weaknesses, write them down, once we understand them, we can build on them. What are you best at? What are you bad at? What do you like? What do you like to do? What do you want to be reasonable about? What are you doing wrong? What do you not like to do?

Next, describe what you care about. Don't think your boss or the opposite sex's congratulations are very significant, it can feel good, but it won't last. Concentrate on bigger things. We want to know and surpass our potential and achieve things-think in this direction.

Now everybody is different, but you must understand that you will need to improve to develop your self-esteem. There will be nothing more if you don't. Here's a broad list, look at it, if you want to add, select the right ones, be frank, look at the strengths and weaknesses of yourself, and see how they relate.

Self-respect-stop beating yourself, eradicate any criticism of yourself.

Attitude-bad things happen, be optimistic, concentrate not on the issue but on the solution. Treat failure as a lesson and not as a reversal.

Relationships-mixes of positive people rather than negative ones.

Human knowledge-Take patience, compassion, polity, and good manners. Respect and listen to and understand other people's needs.

Take a look at your social customs.

Switch embrace-don't be afraid or cynical.

Share, work, and connect 4. 4. Focus on improving the above abilities, focus on them. Beset in perspective-this is the most important thing.

Visualize your career success, socially or in relationships, but have the right values. Visualization is a powerful tool often used by sports professionals and helps you develop self-esteem.

You will consider when you learn how to build your self-esteem, to be more effective in working, socially, and in relationships. It's like a downward spiral, which leads to unhappiness and hinders you from doing anything—don't give up, be determined.

Building of Teen Self Esteem Starts at Birth

When does self-appreciation start? We often believe that self-esteem in our children starts when they reach their two years, not realizing that it starts at birth. It is developed from the very beginning with the influence of parental attitudes and behaviors and then continues into all development in children.

First of all, they build their self-esteem by meeting their basic needs, including the need for love, comfort, and closeness. How their parents or caregivers treat children sets the stage for the development of self-esteem. Young babies and children who feel unloved find it harder to develop a sense of self-worth and then take them into later childhood and into their adolescence .

Supporting parental behavior, including encouraging and praising accomplishments and internalizing the parent's attitudes toward success and failure, are the most critical factors in early childhood self-esteem. Stress in your home, like parents arguing a lot or having friends with whom to play and interact, can negatively impact the self-esteem and self-worth of a child at a very young age.

When kids have high self-esteem, they can deal with conflict, pressure from peers, and make friends easier. In this stage, children learn self-confidence by developing their senses of confidence, independence, and initiative with parents and siblings and then interacting with friends and relatives.

Self-esteem comes from various sources for children at different developmental stages. During our youth, our self-esteem is instilled in us. It is essential to be aware whether the current situation in the home is critical; since parents and family members blame themselves tend to rob the child of their feelings of self-worth gradually.

Self-esteem is defined as being inwardly pleasant. This is how you perceive yourself and your self-worth. When it reflects within your child, it is what you think and feel about yourself and how well you think that you do things, it is ultimately essential, and it is on this basis that your self-esteem builds.

As kids grow up and mature and their observations move within their homes and into school, and with their peers, how they determine their self-esteem becomes more critical in these areas. Schools also have an enormous impact on self-esteem by fostering competitive attitudes and diversity and recognizing academic, sports, and arts achievements. Social acceptance by a peer group of children is essential at this stage in developing and maintaining self-esteem.

The emotional and physical change in adolescence, especially in early teens, presents a child's self-esteem with new challenges. The time when teens undergo significant changes in life, self-esteem may be very fragile, they face physical and hormonal changes. This is the moment when young people want and need a supportive family.

Adjusting in your environment is increasingly important to your self-esteem, and relationships with the opposite or sometimes same gender, in later adolescence, can become a significant source of confidence or insecurity. Body image is a critical element of teenagers' self-esteem, and how their peers see them is of great concern. For both boys and girls, body images are essential, and teens who like their look and accept themselves the way they are, have high self-confidence.

Parents can encourage self-esteem by expressing their affection and support for the child and help the child to start rather than imposing unreachably high standards, set realistic goals for achievement. Young people who learn to set goals in their lives have higher self-esteem than people who do not. In this time and even before, visualization can be taught to children and adolescents. This is an excellent tool to create and develop self-esteem for all people, and visualization videos are a great tool.

Teens could also be encouraged to watch the words they use to describe themselves, for example, if they always say they're stupid, or that they can't succeed, then, make it a habit of saying positive things and use this positive attitude to give you full self-esteem. The use of affirmations is also an

excellent way, to begin with, the affirmation language, which can also be used in vision map videos.

Make sure and tell your teen that nobody is flawless in the eyes of everyone else, so you can only brace yourself for disappointment and failure by striving to become perfect. Spend more time focusing on the things you appreciate and less on those you don't like. Teach them to trust themselves fully, and others will also trust and believe in them.

34. Gratitude: What Is an Attitude of Gratitude and Benefits of This to Your Life

Do you have a gratitude journal? Or rather, do you ever feel that you should be grateful for your life and the things you have around you? There is likely an inner voice that is telling you to say yes. Well, if this is the case, then it can be useful to consider a gratitude journal. Use this journal to note down a few things that you are grateful for. Start your day by expressing your gratitude for the things that occurred the previous day. It could be a goal that you have accomplished or maybe your family visited you and you had fun together. Just note down anything that comes to your mind. The significance of recording the things that you are thankful for is that it helps you connect with them throughout the day. It prevents your mind from wandering to think about negative things. You should also value the essence of celebrating the little things that you can achieve daily. Sure, they might appear insignificant, but celebrating them can fill you with the positive energy you need to approach life.

You should not only be grateful for what you have, but you should show it.

It is easy to be happy when something pleasant occurs, but when bad times occur, it is often more difficult to focus on the things that you feel grateful for. During these times, you can become happier by focusing on the positive aspects of your situation or think of positive memories in your life to prevent negative thoughts. What can you be thankful for? It depends on your circumstances. But here are some things that you can be grateful for:

- Family
- Friends
- Your Job
- Good Memories
- Opportunities
- Being Alive

So, during a turbulent time, don't forget to think of things that you are grateful for. These things are often strong enough to repel negative thoughts and experiences.

Comparisons blind us to all that we already have. We become so focused on what someone else has and how we don't measure up that we neglect to acknowledge all of the blessings around us.

It's a matter of choosing to see the glass half full rather than half empty—and acknowledging your gratitude for the water in the glass.

When you wake up in the morning, before you get out of bed, make a mental list of everything good in your life and focus on each blessing for a minute or two. Does this before you go to sleep as well?

You can reinforce feelings of gratitude by writing them in a gratitude journal. At the end of the day, mentally review everything positive that occurred and write it down. Take a moment to consider what your life would be like without the people you love, your home, your health, etc. When you consider having your blessings taken away from you, it becomes very clear how blessed you are.

We should be grateful for what we have rather than whine about what we do not have. If we learn to have gratitude, it means we will be thinking positive. This simply means that you will not have room for negative thoughts and this will help you clear your mind of unnecessary thoughts. If we live a life of gratitude and positive thinking, then we shall have a better life.

Practice thankfulness. Be appreciative with what you've just got, and this will lead you to have an uplifting mentality. This will likewise redirect your idea from being negative and instead search out circumstances in the things you as of now have. By rehearsing appreciation, you take conscious of the considerable number of things you're thankful about or even your accomplishments, whether colossal or modest. These can be anything from having a glad family and many dear companions to that business target you've accomplished. It could likewise be your first job advancement, the occasional break you genuinely appreciated or even when you're stranded when an outsider made a special effort to enable you to out.

Make it a general rule to appreciate others even for minor things that help you or make your life easy. It is another positive change that can help your mentality a lot. When you are saying positive things about others, you are reminding your mind to think in the same way. When you are expressing

your gratitude for others, you are being more open, accepting, and acknowledging. This has a very deep impact on your conscious mind.

Conclusion – Part III- Stop Overthinking

Elevation thought, as the sense that you get once you find somebody doing an act of kindness, jealousy, or even inner goodness, induce one to desire to similar actions. Altruism, usually known as being an act of selflessness and generosity to the others but could additionally describe the sensation you will get from helping others. Satisfaction thought as an awareness of pride and pleasure you make it from attaining something or meeting a necessity. Relief, though, as the impression of happiness you go through once an uncertain situation ends up to your very best, or perhaps a weak effect is avoided. Affection, thought as a psychological attachment to somebody (if not a pet), followed closely with a liking for these and also a feeling of joy in their own company. Cheerfulness, thought as an atmosphere of brightness, being optimistic and joyful or chipper; sense like what's moving your way. Surprise (the weird sort of shock), characterized as an awareness of delight whenever someone brings you unexpected enjoyment, or perhaps a situation goes much better than you'd expected. Psychotherapy, described as an emotion between a keen awareness of self-esteem and belief on your own, could be specific to some circumstance or activity, or even maybe more universal. Admiration thought of as an atmosphere of hot endorsement, praise, and respect for something or somebody. Enthusiasm, considered as an expression of interest, followed closely by motivation and participation. Eagerness thought as a less intense type of excitement, an atmosphere of openness and enthusiasm for something. The euphoria felt as fierce and all-encompassing awareness of happiness or joy, frequently experienced if something exceptionally favorable and stimulating happens.

Contentment thought as calm, reassuring, and low-key awareness of happiness and wellbeing. Enjoyment, though, as an atmosphere of shooting pleasure in what exactly is happening around you, particularly in situations such as a leisure activity or social gathering. Optimism thought of as positive and optimistic emotion, which motivates one to enjoy a bright future, one where you think things will probably mostly workout. Happiness thought as an atmosphere of joy and pride from how things are moving, overall awareness of the pleasure of and excitement for a lifetime. Love is possibly the most powerful of most positive emotions, and love is just a sense of profound and enduring affection for somebody, together with a willingness to place their needs in front of one's; it could be guided

towards a person, a set, and sometimes all humankind. Love may be your most powerful positive emotion, plus it may be the most potent cure for over-thinking and stress.

To check or cure over-thinking disease and stress, shortness of unwanted emotions need to become disentangled. Favorable feelings balance together with all intellectual capacity of mind that over-thinking will not happen all of the time. Strong constructive emotions, particularly love, have become crucial for the wellness of the brain, health of manifestation, and production of both productive and well-coordinated notions.

Most by far of us have had the experience of inclination inconceivably constructive about an occasion, an individual, or a result we have buckled down for, yet regularly that feeling doesn't last. As time turns into a memory, so does the positive inclination. You may review that as a kid, you may get up every morning liking nothing specifically, for reasons unknown by any stretch of the imagination. Envision having the option to do that consistently for an incredible reminder. So, when we have coincidentally adapted some idea designs that make us hopeless in either a specific situation or life when all is said in done, how would we approach transforming them to a more 'think positive' approach?

Three fundamental conditions need to exist first: You should be so tired of inclination terrible, down, harmful, and so on that, you choose you genuinely need to transform; You need to see the issue of disposition negative from another point of view; You should discover or make new and engaging alternatives.

When you make for yourself the decision of a positive change, you are bound to pick the positive alternative than the negative ones.

You could begin by asking yourself: "Would I like to encounter my first day of inclination amazingly constructive for reasons unknown specifically today or tomorrow?" and "Would I like to feel constructive all in all or about a specific occasion or individual?"

To retune your cerebrum to be increasingly positive, complete this activity:

Unwind and inhale profoundly, and as you unwind, it winds up simpler and more straightforward to give your creative mind a chance to play. Presently envision another you, remaining before you, this is the most magnificently

positive, feeling useful for reasons unknown by any stretch of the imagination, you, that you can envision - your real positive self. Set aside some effort to contact content with the positive you, see how the positive you stand, grins, inhales, talks, moves. Notice how energy emanates like shining light from the positive you, see how the positive you handle issues and accomplishes objectives. Presently transform the positive you around and venture into and coordinate with your credible positive self. Transparent the eyes of your positive person, hear through the ears of your positive and feel how incredible inclination positive feels. Invest some energy staring off into space about how your life will improve as your life increasingly more as your positive real self.

Numerous individuals think that it's painful to finish the activity first thing on a morning before getting up or the last word during the evening (don't attempt the event while driving or working hardware). You can utilize this activity as a significant aspect of your general improvement or when you need an additional shot of that 'think positive' demeanor .