What is self-confidence

Self-confidence is the trust in one's self and abilities, reflecting the perception an individual holds of themselves and their capabilities. To address the topic of self-confidence, it becomes necessary to examine a common misconception about its origins. Many people believe that self-confidence arises from success in personal and professional pursuits. However, upon careful consideration of this definition, I find it to be flawed. Logically speaking, if self-confidence were solely a product of competence and success, imposter syndrome would not exist. Imposter syndrome describes the phenomenon of competence coexisting with missing confidence, thereby disproving of the hypothesis linking confidence exclusively to success.

To enhance the clarity of this essay, it is crucial to clarify that self-confidence, in this context, encompasses trust in one's overall abilities and self-perception. This distinction is vital for understanding the arguments presented in this essay.

In summary, self-confidence is not solely derived from success. Recognizing this fact allows for a more nuanced understanding of the concept, acknowledging that confidence is an attribute that goes beyond specific achievements. By doing so, we can better comprehend the complexities of self-confidence and work towards cultivating a more resilient and comprehensive sense of self.

Advantages of self-confidence

Given the numerous benefits that self-confidence offers, we will now concentrate on those I have deemed most significant.

To start, resilience known as the ability to handle life's difficulties is immensely influenced by one’s levels of self-confidence. The interactive relationship between resilience and self-confidence highlights that a strong belief in oneself leads to the capacity to navigate and overcome life's adversities.

Continuing we’re going to briefly explore the positive effects of self-confidence on one’s mental health. Self-confidence acts as a powerful antidote for anxiety and depression. A strong sense of self-assurance can instill tranquility and repel

self-sabotaging thoughts. It helps individuals to confront tough situations with control and resilience.

A further point I'd like to discuss is the impact self-confidence has on motivation. The relationship between self-assurance and the drive to achieve goals is woven into the fabric of personal development. When an individual possesses a strong sense of self-confidence, they are more likely to tackle challenges head-on and persevere in the face of obstacles.

Reasons for insufficient self-confidence

Self-confidence is a complex subject that hasn't been profoundly researched yet, partly because of the difficulties of measuring it. Consequently there's a lot of things we don't understand. However, we have explored what contributes to a poor self-confidence. Due to constraints on text length and time, we will solely cover 3 different causes for insufficient self-confidence.

To begin, we're exploring the impact of a stagnant life on self-confidence. Self-confidence can be developed through persevering throughout failure and achieving the goals you've set for yourself. If one's life were to be lacking eventfulness and activity then this will most likely negatively impact the development of self-confidence.

The following point is an aspect that many people need to work on. Mindset is a recurring theme in psychology. It is in control of how individuals perceive and react to their environment. For clarification purposes let's delve into a brief example. Fear and excitement trigger the same physiological response; both release adrenaline in our body. The distinguishing factor lies not in our body's reaction but in our interpretation of it. This highlights the significant influence of the mind.

Lastly and most important, trauma. This point is by far the most impactful since but one traumatic experience no matter the severity has the potential to end an individual's self-confidence. This has to do with children's inability to assign blame and fault, within their head everything that they experience is due to their being. To

put that into perspective a child isn't able to comprehend that his parents are completely and utterly drained because of their work for them they don't play with them because they're not deserving of being played with. Put in a nutshell; Children tend to blame themselves when faced with unsolvable adversities.

How to improve your self-confidence

The common advice given to people in need often only scratches the surface. It frequently touches upon the how to do it but doesn't consider the why. Let's go over some common examples. Starting with the advice, fake it till you make it. This advice in itself isn't wrong, although it misses to deliver the right picture. This common mantra creates a self-sabotaging view on yourself due to yourself interpreting it as you being an actor playing a role and the better you're playing the role the better you're becoming as a human. This doesn't reflect our goal, the mission we've set for ourselves is to openly show ourselves to the world not to create an alter ego to assume that responsibility. The right mantra is to act like you belong because you do belong.

This mantra often seen on social media heavily influences our mindset, which then strongly impacts our self-confidence. Therefore developing a strong and resilient mindset is a must for everyone striving for a life full of self-confidence. There are many factors that play into creating a favorable mindset for oneselves. One of them is self-talk. There are two distinct forms of self-talk, positive and negative. For instance, negative self-talk refers to sentences like "I can't do it", "I'm not good enough" or "I'm not capable". Repeating said affirmations results in a significant decline in self-confidence and overall health. Inversely repeating positive affirmations like "I'm capable", "I'm going to be fine" or "I'm where I'm supposed to be" leads to a remarkable augmentation in self-confidence. It should though be noted that positive self-talk is a habit and may take weeks or up to months to implement into your life.

The upcoming points are by far the most crucial in this entire list. Among them is the overcoming of adversity and consistently fostering personal growth. Self-confidence, as the word implies, is the belief in oneself. The building of self-confidence mirrors

how others build trust in an individual, through continuously proving yourself and keeping true to your words.
It's the same for building self-confidence, by continuously achieving your goals and becoming more proficient in various skills you can literally prove to yourself or more importantly to your subconscious that you can do it. Remember that building self-confidence is a continual process and requires one to habitually stay true to yourself.

For a long time I've been wondering why people hold the expectations of strangers in higher regard than the standard they set for themselves. Personally there's nothing more disheartening than failing to uphold the promises I've made to myself. I assume that individuals nowadays have become more selfish. Their way of thinking resembles the phrase: "I will take care of you, if you will take care of me." This seemingly harmless phrase is upon further inspection alarmingly selfish. It transfers the responsibility of one's well-being onto someone else. A better way of viewing this matter would be phrased this way; "I will take care of me for you, if you will take care of you for me. " — Jim Rohn

Now to the point that requires substantial effort but also yields the most profit, self-acceptance. This might initially sound like some impractical spiritual nonsense, without any real life appliance. However, this rapidly changes when the necessary explanation is added to the equation. Self-acceptance isn't binary, it's a spectrum with multiple grades. Example from high to low.

Accepting that you're a good speaker.
Accepting that you're learning.
Accepting that you have a long way before you.
Accepting that you can't accept that you're not capable.

In an ideal scenario, an individual embraces the belief that they are capable and inherently good. However, if this feels too far-fetched, they can begin their journey of self-acceptance from a point that feels more comfortable for them. It's important to note that even when you find yourself to be on a lower level of self-acceptance, surrendering will only make matters worse. One can begin by simply progressing the

stages and striving for more. Also keep in mind that skipping stages is an option. For instance, you can start by accepting that you can't accept that you're capable and immediately progress to accepting that you're capable, which is the case in overcoming the imposter syndrome. Besides completely and utterly accepting oneself there's also the self-love that contributes majorly towards your self-confidence. The two aspects go hand in hand, by working on your self-acceptance you can learn to appreciate and love parts of yourself that you hated before.

The triple "S" of self-improvement

"Self-confidence, self-esteem, and self-consciousness are frequently referred to as the three key factors of self-improvement, hence the triple 'S'. These three aspects play a major role in determining one's well-being. The triple 'S' are interacting and interconnected, meaning they are proportional to one another, changing one of them will result in changes to all. "They are frequently mentioned individually, creating the challenge of solving a puzzle with only one-third of its entirety.

To deepen the comprehension of the three 'S' let's explore an example that illustrates the potential consequences of their absence. John is an exceptionally perceptive kid. From his earliest memories, he'd been able to read people's micro-expressions, their thoughts and their body language. However, a traumatic event altered the course of his life: the death of his mother. With his father working 80% of the time, John found himself without the appreciation and support he needed. Despite his father's promises to spend time together, work commitments often prevented fulfillment of those promises. This situation led John to believe that his father's absence was a result of his own lack of lovability, a common misinterpretation for children who may erroneously internalize blame due to their limited understanding of responsibility.

As a result, this experience caused a significant hindrance in John's social skills. His once outward-focused demeanor, characterized by active engagement in conversations, control of social interactions, and inclusiveness, transformed into an internalized struggle. Now, he began to doubt the effectiveness of his words,

questioning whether his expressions met the expected standards of others. Over time, John's social abilities declined due to his low self-esteem, leading him to suffer from severe social anxiety. His life became agonizing, as every interaction triggered a heightened awareness of perceived signs of disapproval. He started to misinterpret every frown, interruption and sign of disinterest as his own fault, plunging him into a destructive cycle of self-criticism, hatred, and self-harm.

I selected this particular example to illustrate that individuals grappling with severe anxiety frequently conceal a heightened sense of self-awareness in their interactions with themselves and others. This heightened sensitivity, which could be considered a blessing, can transform into a detriment when combined with low self-assurance.

Imposter syndrome

Imposter syndrome refers to the occurrence of competent people with missing self-confidence. For them everything they've achieved was a stroke of luck, a fortunate turn of events or a fluke. Individuals suffering from imposter syndrome fail to see their participation in their own success, assigning their success to other factors than themselves. It often stems from childhood experiences such as growing up with a gifted sibling or being viewed as a genius yourself. Both of these common cases share the same explanation. An appreciating environment for accomplishment and an absolute ignorance of effort to achieve said achievement. For these individuals achievements are actually counterproductive for the development of self-confidence. The more they achieve, the greater the smaller their self-confidence, because every triumph in our mind is further evidence of luck in theirs. So instead of celebrating their successes they double down and double their effort once again, which in turn results in them becoming even more competent. This is the principal cause of the prevalence of individuals with imposter syndrome in higher social standings. Sadly exploring the depths of further argumentation and healing would exceed the scope of my project, 10 pages.

Brief glossary

resilience refers to an individual's ability to bounce back or recover from setbacks, adversity, and challenges. It involves adapting positively to difficult situations, learning from experiences, and maintaining a sense of well-being despite adversity.

Mindset refers to the accumulations of values, attitudes and beliefs an individual has collected throughout his lifetime. It plays a crucial role on how individuals handle challenges, setbacks and opportunities.