How Cognitive Behavioral Therapy Can Help Build Your Confidence

Your confidence impacts the way you experience life. It can affect your relationships, jobs, mood, and overall ability to enjoy life. The less you believe in your abilities, the less likely you are to be able to pursue a life you enjoy.

Fortunately, cognitive behavioral therapy, otherwise known as CBT, is an excellent tool for building confidence. In today’s article, we will tell you how!

# Why Building Your Confidence is So Important

Confidence is crucial to a happy, healthy life. This is because it allow you to experience:

## More Motivation

When you are confident in your skills, you will be more motivated to take risks and pursue a life you love. As you continue to accomplish new things, your confidence will continue to build, which will then motivate you to continue to pursue even more accomplishments!

## More Powerful Sense of Self

Confidence allows you the space to discover and love who you really are. You will have the ability to build your strengths and see your weaknesses without losing your sense of self-worth. Confidence will allow you to know who you are and stand up for what you believe in.

## Healthier Relationships

Having confidence will allow you to pursue better relationships. This is because you will feel a higher sense of self-esteem that allows you to feel comfortable in pursuing people and setting healthy relationship boundaries.

## Greater Resilience

Confidence will allow you to take rejection, setbacks, and failures with greater resilience. The more confident you feel, the less likely you will be to give up when things don’t work out the way you hoped.

# Ways Cognitive Behavioral Therapy Can Build Your Confidence

CBT is a form of talk therapy that involves opening up to your therapist about your thoughts, feelings, and way of thinking. It can be great for building confidence because:

## It Helps You Learn to Identify Self-Deprecating Thoughts

As you discuss your thoughts and perspectives with your therapist, they will be able to help you identify negative thinking patterns that are destroying your self-esteem. The more you open up to them, the more clear your self-deprecating thinking patterns will become.

## Cognitive Restructuring

[Cognitive restructuring](https://dictionary.apa.org/cognitive-restructuring) allows you to change the way your brain thinks. When you find yourself in negative thinking patterns, it will be difficult to build confidence in yourself. Cognitive restructuring is an exercise that works to raise your awareness of your thoughts, evaluate them, and change them to benefit you.

## Challenge Your Inner Critic

As you learn to identify your negative thinking patterns, your therapist will be able to provide you with techniques for challenging your inner critic, which will allow you to discover irrational thoughts.

# We Are Here for You

Your confidence plays an essential role in your quality of life. If you have been struggling with self-esteem, our therapists are here for you. [Contact](http://michiganpsychologicalcare.com/contact.php) us today, and we will work to get you started on feeling happier, healthier, and more confident today.

**References**

<https://dictionary.apa.org/cognitive-restructuring>

Keywords: self-esteem, confidence, cognitive behavioral therapy, mental health, counselor