Book: *The Magic of Thinking Big*

Chapter 2: “Build confidence and destroy fear”

After reading the chapter “Build confidence and destroy fear”, I learned about the importance of having confidence in one own self and conquering fear. I learned that fear is psychological and knowing the breeding ground and where it came from can’t cure it. I need to find a proper solution to treat that and remove that from my life. I read a very good example in this chapter related to this only. The physician doesn’t stop the infection after detecting it in our body instead, he proceeds with treatment and then cures the infection. Similarly, fear can’t be stopped just like that. It’s in my mind and I need to take it out from it. Fear is a result of- a lack of confidence. Fear not only impacts our minds but also our actions and due to this, we lack in some way or other in life too. I have learned that I am not born with confidence but if I want, I could easily acquire that in myself.

I have read about some life experiences of people through which I got inspired. During World War 2, the recruits in the navy were asked to learn swimming so that someday they could save someone’s life at sea. Those who didn’t know how to sim joined the class and there they were asked to jump into 6feet of water. Their fear was real but they stood up and defeat that fear.

I have also learned that challenges do come in life but I don’t have to hope for them to be corrected. Because nothing gets corrected on its own, I need to fight back and correct them on my own.

I have learned about 8 types of fear in this chapter, how I react to that fear and how should I react instead. I have learned the way to overcome that fear and win confidence. I have also learned what will be the consequences if I continue to appreciate that or find a temporary way to overcome that. I need to take an instant decision instead of hesitating or finding alternatives. I have also learned that my brain is a memory bank and it’s entirely up to me whether I deposit positive thoughts in it or negative. If I want to build confidence with the help of this memory bank then I should follow 2 basic steps i.e., deposit only positive thoughts in it and withdraw positive thoughts only. I have learned to concentrate on the good part of the experience and neglect the bad. I should look after developing an understanding attitude. There are 5 ways to build confidence.

I remember an event that took place in my life wherein I chose confidence over fear and that decision changed my life. I never got good marks in computer science.

I used to bunk computer classes because I don’t like making databases and learning in c and languages. I used to get bad marks in that but then I realized it is just fear of getting bad marks, fear of languages that I don’t want to continue in this field. I overcome my fear and chose computer science and did B.tech in that field and now I am placed in an IT company.

Reading this chapter, I concluded that I should not be bounded by fear indeed with full confidence I should fight back and take a stand for myself. Fear is an obstacle that comes in the way and I need to remove that by building confidence in myself. Negative thoughts will try to stop me but I have to neglect them and only focus on positive thoughts. I should store positive thoughts in my mind bank and use them for my own good deeds. I am a fighter and I have to conquer fear. I need to make decisions at right time with full confidence before it is too late.