

Sneaky thoughts: Identify the fears that are holding you back

If you're the type to join Zoom without your video on, or someone who's been avoiding this platform and the post-COVID era of video conferencing, it's important to identify the negative chatter inside your head and the impulse to stay hidden behind the scenes. Why the resistance? If you don't stop and ask yourself what makes you nervous about being on video, you can't break through it!

Being self-conscious on camera is perfectly normal! Now, let's get to the heart of what's been holding you back.

Here are some examples of sneaky thoughts:

- I'm worried about how I'll look
- I feel like I never know what to say on camera
- I think I'll sound or look boring
- I'm worried I'll freeze when someone asks me a question
- I'm not sure where to look
- I don't think anyone cares what I have to say

Sound familiar? Write down your sneaky negative thoughts here:

Now, put a star next to the primary negative thought you think the most!

You have the ability to change the thoughts you have about being on video, but first, you've got to identify what they are.

Cognitive corrections happen when we replace negative thoughts with new, empowered thoughts. We're going to have to turn each negative thought around. So if you usually think "I don't like the way I look on camera," a reversal might sound like: "I love the way I look on camera" or "I'm learning how to look my best on camera!"

Write down some reversals of the negative thoughts above here:

Good job! You're starting to take on the mindset you'll need to be awesome at all things video. Write down your new positive affirmation and post it where you can see it daily. Remind yourself to repeat that positive statement every time you THINK about being on camera. You'll reinforce those positive vibes and turn hesitation into confidence in no time.