

Confidence vs. Ego

Many of us want to learn how to gain confidence. Many of us run into problems when our ego becomes active, sabotaging our relationships or making us risk averse because we don't want to appear "foolish" or look like failures. In this video, I'll explain the nature of confidence vs. ego, and how to approach building a healthy confidence, while reducing one's ego.

References and further reading

- Kowalchuk, M., Palmieri, H., Conte, E., & Wallisch, P. (2021). Narcissism through the lens of performative self-elevation. *Personality and Individual Differences*, 177, 110780.

Glossary

Ahamkara

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P20 – Neti Neti