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3/30/15

COMM 2110

I found what Amy said to be really interesting. Like other topic covered in our class, there are a lot of things that I am doing that I don't realize im doing. I never realized that the way I sit in a chair can tell about who I am. I never knew that there were different chemical inside of my head that control whether or not I am feeling confident or not.

I recently applied for like 10+ jobs that will hopefully result in some interviews. After watching this video, I will totally pump myself up before the interview if it helps me feel more confident. Also this could apply to my current job where I am a Manager. Sometimes I find myself doing exactly what she shows in the TED talk by putting my hands on my neck. Now that I think about it, when I'm doing that I am in a much less confident state then when i'm not doing it.

I agree with what Amy says. If everyone in the world starts faking it till it becomes who they are, a lot could get done. Rather than being afraid to leave our bubble of what we are comfortable with, we can actually change things in our life and expand what we are comfortable doing. I know if I started faking things that I didn't feel comfortable with, I could eventually overcome that and incorporate it into my life.