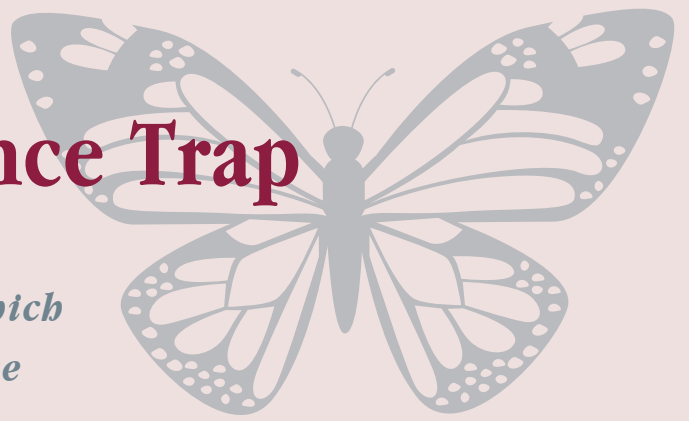


# The Self-Confidence Trap

*These myths about self-confidence create unrealistic expectations which in turn damage our self-confidence*



## **SOMETHING YOU EITHER DO OR DON'T HAVE**

We tend to think of people as being either self-confident or not self-confident, but this isn't true. Whether we feel it depends on circumstances. Self-confidence can come or go – it's not permanent state of mind or feeling.



## **NEVER FEELING NERVOUS, UNCERTAIN, OR AFRAID**

It's human to feel these emotions. Even people who seem very self-confident experience them. What matters is how you respond to these feelings.

## **GIVEN TO YOU BY SOMEONE OR SOMETHING ELSE**

Our feelings are a result of our reactions to our environment along with what's happening in our inner world. You may feel self-confident in certain situations or with some people. They didn't give you the feeling - you did.



## **A MAGIC SPELL WHICH GUARANTEES SUCCESS**

Have you felt confident about what you were doing, only to have it go wrong? Self-confidence doesn't equal success. Sure, it helps, but there are no guarantees.

## **SOMETHING SUCCESSFUL PEOPLE FEEL ALL THE TIME**

Think about some people you deem to be successful. Have they taken risks, had setbacks or suffered failures? They've probably had moments of self-doubt and low confidence too.



## **NECESSARY TO HAVE BEFORE YOU CAN ACT**

Imagine a world where nobody acted until they were 100% confident of success? We wouldn't learn basic life skills such as walking. Learning is a result of trial and error, failure and success.