

SELF-CONFIDENCE

Self-Confidence is your trust in yourself (talents, skills, power and capabilities) and in the universe (chance control) You may possess general confidence and task-based confidence. The level of your confidence can be absolute or relative. It is always better to develop your absolute confidence in life. Based on your trust in yourself and the universe you can feel high, low or overconfidence in any given situation.

The key characteristics of people with Self-Confidence:

- Recognise and understand own strengths
- Appreciate own achievements and take responsibilities
- Give self-validations and take pride in actions
- Treat failures as learning and never self-sabotage
- In difficult situations handle self with care and compassion
- Always push toward a progressive action-oriented life
- Tries to create power and success in life as desired
- Able to do apt investment in the life
- Able to leave their comfort zone confidently
- Sets realistic and rewarding goals with commitments
- Do dedicated hard work to achieve their dreams
- Use past key learning to use in the present to achieve future goals
- Able to say no to things that affect personal wellbeing
- Able to face criticism with an open mind
- Able to perform any task with maximum possible perfection
- Do not allow negative subliminal messages to damage the belief system
- Able to give motivating self talk
- Able to give positive self affirmations
- Express own feelings and opinions respectfully
- Speak with an influencing power
- Accept any flaws and progressively build capabilities
- Considers mistake as a part of life and learn from it
- Apply self love, self care, self protection, self improvement and self motivation
- Set tough boundaries and communicate them clearly
- Know what, when and how to do actions with conscientiousness
- Able to regulate themselves in situations and enjoy power



KEY WORDS EXPLAINED:

Absolute confidence: is the confidence completely based on your core competency.

Relative confidence: is the persistent feeling of inadequacy despite the evidence of success.

Low confidence: It is your beliefs that stop you from progressive actions that you want to do in life.

High confidence: You will trust yourself and the universe equally.

Overconfidence: You will trust yourself overly than the universe.



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