

## The Secrets to Amazing Self Confidence

Lack of confidence not only affects your state of mind but it also affects how others treat you. Self confidence is something that can be missing from early childhood and continue throughout all of adulthood.

When you fail to develop the self confidence you need, it can affect every aspect of your life, e.g. school, relationships, employment and social situations. However, it's never too late to improve your confidence and become the person you've always wanted to be.

This article will discuss the problems associated with a low confidence level and start you on the journey to a better understanding of what steps to take to rebuild your confidence to levels that you never thought possible.

Shyness and fear are typical expressions of a confidence problem. Hiding from interactions with others and avoidance are symptoms which are correctable with time, effort and the knowledge needed to rebuild your self confidence.

The tools you need for improving your confidence are with you all the time: your mind and your emotions. Your mind will begin the process of control while eliminating emotions like shyness and fear will start you on a track that continues on for the rest of your life. Remember, how you see yourself is how others will see you and having confidence will earn the confidence and respect of others.

Often times our own thoughts are to blame for our low self-confidence. Positive thinking needs to win-out over negative thoughts to be able to build and govern your self confidence. In essence, thinking positive will help develop a stronger you.

Negative thoughts often lead to negative actions and even the possibility of unlawful actions. Whereas, positive thinking will lead to positive actions which then lead to more positive thinking and more positive actions. It is a very circular behavior pattern both negative and positive. With the proper positive mindset, you will exude confidence and success will not be far behind.

So often in today's world we promote the idea of fitting in and being like the rest of the crowd, but we really should be talking about what makes each one of us unique and how important our individual contributions to society are. Comparing ourselves to others often leads to continued negative thinking and again the cycle continues forever downwards. Emotions like envy can be very destructive and can quickly tear apart years of confidence building only to have to start over.

Developing your self confidence is a continuous life long process. Everyone will have setbacks in their lives but how we react to those setbacks often distinguishes between success and failure. Other powerful techniques that you may work on are learning to use your inner filter, self-criticism and positive self-talk which can take you to the next level of building self confidence.

How to gain self confidence starts with identification and ends with behavioral change and results in a better you. Get started building a better you today!

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### About the Author

Tony Stai is a firm believer in the power of self-improvement ebooks. Tony runs a resource site that provides articles, reports and ebooks (some with audio) for self learning. To discover more about self confidence visit

<http://www.self-improvementresources.com/ebooks/mind/boostyourconfidence.html>