



# The Speech Clinic®



## **Speaking Tips No 20 060224**

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### **It's all about self confidence**

Let us first of all establish, that self confidence depends on what you think that other people think of you. If there were no other "thinkers" around, this would not be an issue. Self confidence means what it says, that you believe in yourself, that you think that you CAN. Consequently, it is about your attitude towards your own ability, thus about thoughts. Our lack of confidence in ourselves results from overwhelming negative thoughts about what "others" may think about us. The brain is simply misprogrammed!

**Scrap all negations!** When we face an unusual challenge, we are hit by overwhelming negative thoughts which immediately activate an army of nerves. They, in turn, send signals to the brain which roars – "don't do it!" They forbid the brain to let you take the step out of your comfort zone into an insecure situation. You will promptly think – "I will fail" – or – "I will not succeed" – or "I must not fail". The last thought contains even two negations, "not" and "fail". If you wish to improve your self confidence, the words "not" and "fail" must be deleted from your brain's database. If I take a taxi and tell the driver five different addresses where I do NOT want to go, I can hardly expect to reach my destination.

**Look at yourself with respect!** If you are a cat, see yourself as a lion! A precondition for improving your self confidence is that you change your attitude towards yourself. See yourself successful. Certainly, you have noticed when athletes focus before a jump. How, under total concentration, they see themselves performing that perfect jump. This is all about intense self programming of the brain before a jump. There is no sign of negative thoughts. The brain is prepared for success. If you think positively about yourself you will pass that on to others who, in turn, will reward you with positive thoughts and respect. This is simple and true. Therefore, focus on yourself!

**Play down others!** In order to strengthen yourself, you also need to play down the importance of other people. Everybody is just a human being of flesh and blood with basic needs and full of feelings. Everybody has both strengths AND weaknesses. Perfection does not exist. Therefore you are always at least equal.

You have to establish a reasonable balance. We are often so impressed by other people's excellence, status, knowledge or wealth, that we fall into a mentally inferior position, an inferiority complex. This must be avoided if we wish to improve self confidence. When these thoughts pop up, then think this way:

- Excellence, if self-righteousness, I see as arrogance. I am not arrogant.
- Status only exists in other people's admiration. It therefore does not actually exist.
- Knowledge is admirable but I have wisdom and life experience.
- Wealth brings freedom but not necessarily happiness.

Hence, we need to find balanced thoughts pulling us up from that inferior position and improving our self confidence.

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**Speech Tracker AB**, Kronhjortsgatan 8, S-412 68, Göteborg, Sweden, Tel. +46 (0)31 7034520, Mob. +46 (0)708 242888,  
[info@speechtracker.net](mailto:info@speechtracker.net), [www.speechtracker.net](http://www.speechtracker.net)

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You will KNOW that others believe in you! But always remember never to fall down into the quicksand of self-righteousness. Remain humble and grateful with your self confidence.

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