

A guide to **STRENGTHENING SELF CONFIDENCE**

Developed as part of
ICMR's Multistate Implementation Research Study on Improving
Mental Well Being Among School and College Students





Self-confidence is the belief in your own abilities, qualities, and judgment.

It involves feeling assured about your skills and capacities, having a positive self-view, and trusting that you can handle challenges and succeed.

Self-confidence helps you approach tasks and interactions with a sense of competence and self-assurance.

Self-esteem is the overall sense of worth and value you place on yourself.

It reflects how you feel about your own qualities, abilities, and achievements. High self-esteem means you view yourself positively and believe you deserve respect and happiness. Low self-esteem means you may feel inadequate or unworthy.

Self esteem can affect your confidence, how you handle challenges, and how you relate to others.

Self-esteem and **self-confidence** differ in two more ways:

	Self Esteem	Self Confidence
Focus	It deals with your self-image and how much you believe you deserve respect and happiness.	It deals with your trust in your own capabilities and skills in particular situations.
Source	It is influenced by your experiences, feedback from others, and your internal self-judgment.	It is often built through past experiences, successes, and practice in particular areas.
Example	Feeling that you are a valuable person regardless of your achievements or abilities.	Feeling confident that you can successfully complete a presentation because of your preparation and skills.



Let's read a story about Lipi.

Once upon a time, in a small town situated amongst hills, there lived a young girl named Lipi. Lipi was a bright and creative person, full of dreams and aspirations. However, she often struggled with self-doubt and lacked confidence in her abilities.

One day, Lipi came across a flyer announcing a talent show that was being planned in her town. Excitement sparked within her, and she felt a deep desire to participate. However, as she began to imagine herself on stage, doubts started to creep in. Thoughts like "What if I make a fool of myself?" and "What if people laugh at me?" filled her mind.

Despite her fears, Lipi decided to challenge herself and embrace the opportunity. She knew deep down that she had a passion for singing, and the talent show seemed like the perfect platform to showcase her voice. She made a firm commitment to work on her self-confidence and turn her dreams into reality.

Lipi started by setting small goals. She began taking singing lessons and practicing diligently every day. With each session, she gained a better understanding of her vocal range and learned techniques to improve her performance. Her voice soared and grew stronger, making her more and more determined to succeed.

To bolster her confidence further, Lipi sought support from her friends and family. She shared her aspirations with them, and they wholeheartedly encouraged her. They attended her practice sessions, offering feedback, and reminding her of her incredible talent. Their unwavering belief in her abilities became a source of strength.

As the talent show approached, Lipi started feeling nervous. Doubts resurfaced, and a wave of anxiety threatened to overwhelm her. But she

refused to let fear hold her back. She reminded herself of all the hard work she had put in and the progress she had made.

On the day of the talent show, Lipi took a deep breath and stepped onto the stage. The bright lights blinded her momentarily, but as the music started playing, she found her rhythm. With every note, her confidence grew, and her voice resonated throughout the auditorium. The audience was captivated by her talent and passion.

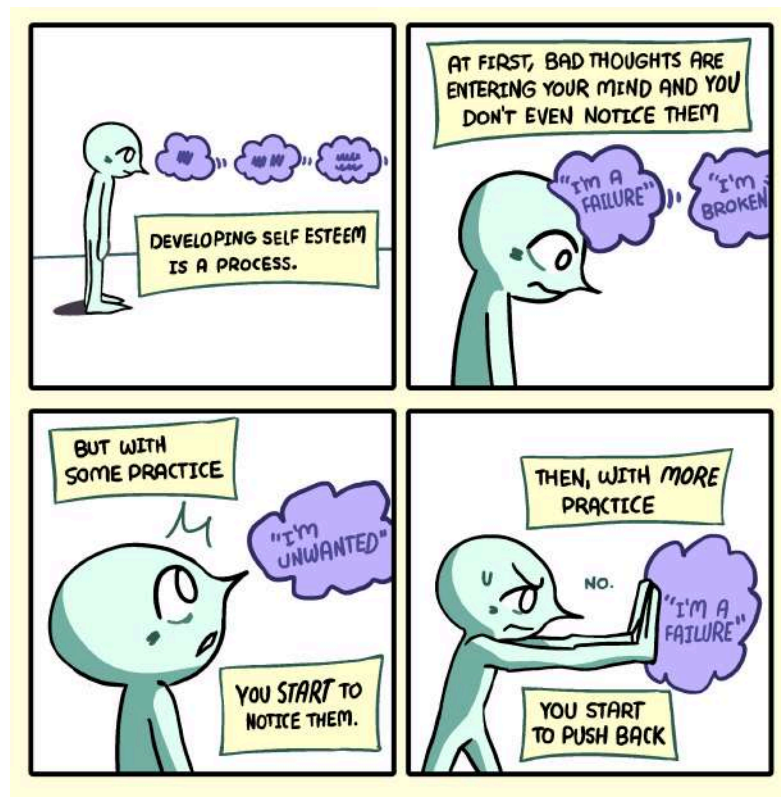
As Lipi finished her performance, the crowd erupted in applause. Tears of joy welled up in her eyes as she realized that she had conquered her doubts. In that moment, she understood the power of self-confidence and the immense satisfaction that comes from believing in oneself.

From that day forward, Lipi's self-confidence soared to new heights. She continued to pursue her passion for singing, participating in more shows and even recording her own music. Her journey was not without obstacles, but she faced them head-on, armed with the unwavering belief in herself.

Lipi's story serves as a reminder that self-confidence is not an innate trait but a skill that can be developed. It requires perseverance, self-belief, and the courage to step outside of one's comfort zone. With determination and support, anyone can overcome their doubts and embrace their true potential.

Just like Lipi, very often, we might struggle with self doubt and find it difficult to feel confident about ourselves. Like her, we can also regain our confidence by dealing with our self doubt and practicing our skills and talent.

Let's learn to deal with Self Doubt



Source: Shen Comix, X

Dealing with self-doubt involves developing strategies to manage and overcome the feelings that can undermine your confidence. Here are some ways you can help yourself:

Acknowledge Your Doubts: Recognize and accept that self-doubt is a normal part of the human experience. Understanding that everyone faces self-doubt at times can help you address it more constructively.

Challenge Negative Self Talk: Identify and question the negative self talk fueling your self-doubt. Ask yourself if these thoughts are based on facts or irrational fears. Reframe them into more positive and realistic statements.



Source: Emilie K. Hill, *How to Fix Your Self-Talk (4 Steps)*

Focus on Your Strengths: Make a list of your skills, achievements, and positive qualities. Reflect on past successes and strengths to remind yourself of what you are capable of.

Practice Self-Compassion: Treat yourself with kindness and understanding. Recognize that making mistakes is part of the learning process and doesn't define your worth.

Learn and Improve: View self-doubt as an opportunity for growth. Identify areas where you can improve and take proactive steps to develop your skills and knowledge.

Limit Comparisons: Avoid comparing yourself to others, especially on social media. Focus on your personal progress and goals rather than measuring yourself against others.

Surround Yourself with Support: Build a network of supportive and encouraging people who can offer reassurance and perspective when you're feeling doubtful.



Source: Sally Kindberg

What about Self Confidence? What can I do to boost it?

You already know some, but let's look at some more ways to boost your confidence!

Set Achievable Goals: Break down large goals into smaller, manageable tasks. Celebrate each accomplishment to build a sense of achievement and confidence.

Practice New Skills: Engage in activities or hobbies that interest you. Mastering new skills or improving existing ones can boost your confidence in your abilities.

Prepare Thoroughly: For exams, presentations, or any important tasks, adequate preparation can enhance your confidence. The more prepared you feel, the more confident you will be.

Seek Feedback: Ask for constructive feedback from teachers, mentors, or peers. Use this feedback to improve and build confidence in your performance.

Participate in Group Activities: Join clubs, sports teams, or organizations where you can collaborate with others and build relationships. Being part of a team can increase your sense of belonging and confidence.

Face Your Fears Gradually: Step out of your comfort zone in small ways. Gradually tackling fears can help you build resilience and confidence over time.

Develop a Growth Mindset: Embrace challenges as opportunities to learn and grow. Understanding that mistakes are a part of the learning process can help you stay motivated and confident.

Surround Yourself with Support: Build a network of supportive friends, family, and mentors who encourage you and provide positive reinforcement.



Source: Freepik.com



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