

BROUGHT TO YOU BY THE STUDENT DEVELOPMENT AND COUNSELLING DEPARTMENT

Understanding SELF-CONFIDENCE AND SELF-ESTEEM

SELF-CONFIDENCE

Self-confidence refers to the belief in your own abilities and judgment. It means trusting that you can handle tasks, solve problems, and navigate various situations effectively.

Confidence can vary across different areas of life; for example, someone might feel confident in academic settings but less so in social interactions. Building self-confidence often involves:

- Experience: Gaining proficiency through practice and repetition.
- Positive feedback: Receiving encouragement and recognition from others.
- Support systems: Having friends, family, or mentors who believe in you.

SELF-ESTEEM

Self-esteem is about how much you value and appreciate yourself. It encompasses your beliefs and feelings about your own worth, capabilities, and overall self-image.

Factors influencing self-esteem include personal achievements, relationships, societal standards, and life experiences. Healthy self-esteem involves:

- Positive self-view: Maintaining a realistic and positive perception of yourself.
- Confidence in abilities: Believing in your skills and talents.
- Intrinsic worth: Recognising your value independent of external validation.



Causes Affecting Confidence and Self-Esteem

1. Early Childhood Experiences

- Parental influence: Nurturing, encouragement, and support from parents lay the foundation for self-esteem.
- Trauma and neglect: Childhood trauma, neglect, or criticism can negatively impact self-confidence in later years.



2. Social Comparison and Peer Influence

- Comparisons: Measuring oneself against peers and societal standards can lead to feelings of inadequacy.
- Peer rejection: Experiences of bullying or rejection can erode self-esteem and confidence.

3. Academic and Professional Experiences

- Academic challenges: Struggles, failures or rejections in academic settings can dent self-confidence.
- Workplace dynamics: Feedback and performance evaluations at work significantly influence self-esteem.



4. Cultural and Societal Factors

- Cultural Norms: Societal expectations and cultural norms shape perceptions of success and self-worth.
- Discrimination: Stereotypes, discrimination and societal pressures can impact confidence and self-esteem.



How to Be Confident in Life

Five Powerful Ways



1. Visualise your ideal self.

The first step is picturing the confident version of yourself. Don't just think about it - really feel what it's like to be that self-assured person you want to become. Visualising it makes it real in your mind, and that's half the battle.



2. Set goals and celebrate small wins

Having goals to work towards is key, but don't overlook the little milestones along the way. With each step forward, give yourself props. That sense of progress and accomplishment is like fuel for your self-belief tank.

3. Stay positive, it's a vibe.

Negativity is a total confidence killer. Keep your mindset focused on the good things - your strengths, the opportunities, all the positive vibes. Surround yourself with affirmations that remind you how capable you are.



4. Surround yourself with people who make you feel good.

The people you keep around have a huge influence. Cultivate relationships with those who genuinely support you and hype you up. Their positive energy and belief in you is contagious for your confidence.

5. Just do it!

At the end of the day, confidence comes through action. Put yourself out there, take risks and push past your comfort zones. Every bold move builds more self-trust and resilience.

