

# MENTAL FREEDOM

How to Reduce Stress, Anxiety  
and Negative Thinking



**WEEK 5**

# **Self Confidence** and Your Beliefs

# Lesson Objective

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Understand obstacles to self confidence & how to reprogram your self beliefs.

You will learn mindful strategies to deal with limiting self beliefs and how to take charge of your long-term happiness.

# What is self confidence in our culture

*Become Unstoppable, Irresistible and Unafraid*

# Do you feel confident about yourself?



*Yesterday?*



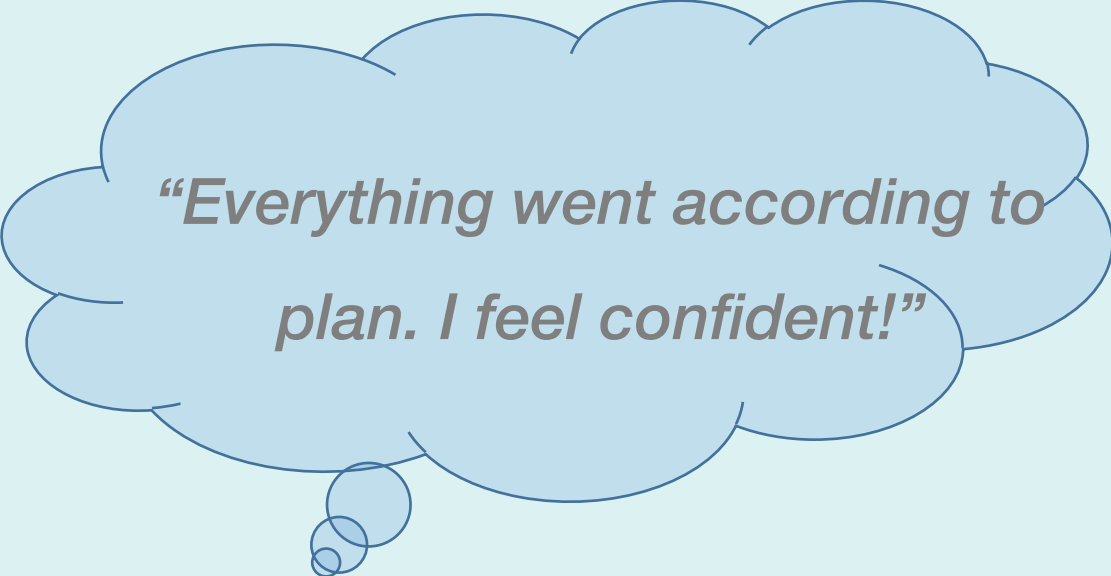
*Today?*



*Tomorrow?*

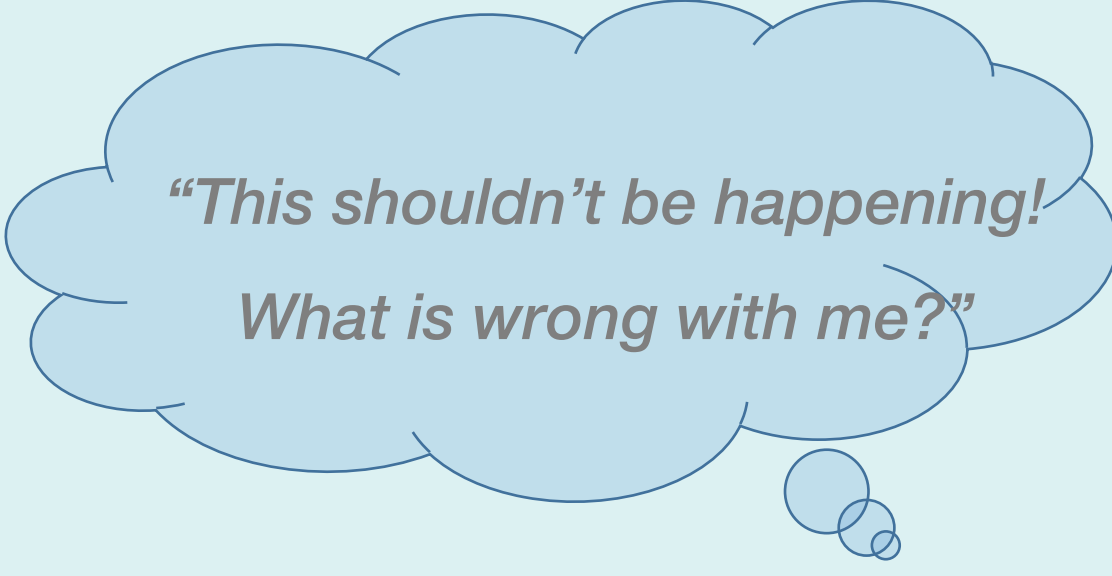
# Confidence Research

*You feel confident when life meets your expectations.*



*“Everything went according to plan. I feel confident!”*

*You lose confidence when life doesn't meet expectations.*



*“This shouldn't be happening!  
What is wrong with me?”*

# Obstacles to Self Confidence

# Mental Obstacles

*Overthinking*

*Perfectionism*

*Social Comparison*





## **Second Guessing:**

“I don’t like making decisions

## **Regrets:**

“I struggle with letting things go”

## **Analyze Until Overwhelmed:**

“I can’t stop worrying. I’m exhausted!”

# Overthinking

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# Perfectionism

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**Care about how others look at you**

“I have to hide my emotions & my flaws”

**Focus on fears & give up**

“I’d rather quit than make a mistake/fail”

**Defensive when getting feedback“**

“Do you think that you can do better?”

Do you judge yourself based on what you see on others?

When you want to feel better about yourself you undermine others?

When you see others doing “better” you tend to feel “inferior”?

You frequently think about the things you lack and others have?

# Social Comparison

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**These Obstacles Fuel...**

**Pessimism**

**Shame/Anger**

**Envy**



# Strategies

# From Over Thinking to Mindfulness

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Pay attention to your inner critic.

Connect with breath & the present

Pretend you are supportive friend.

Give advice to your Inner Critic.

# Stop Perfectionism

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Practice Kindness

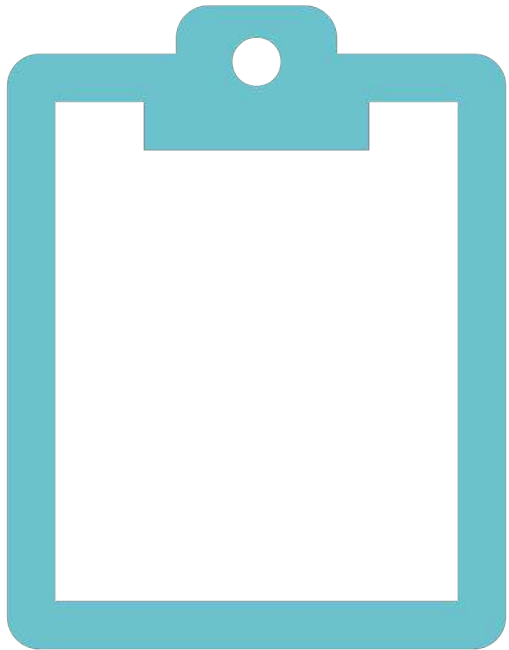
Be gentle & understanding with you

Connect with trust

Oxytocin



# Comfort Yourself



- Drink a warm tea, take hot bath or massage
- Play soothing music
- Meditate
- Talk to a trusting friend
- Get physical affection from trusted people (or pets)
- Pray or repeat phrases that bring you comfort
- Gratitude on the spot

# Reduce Social Comparison

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Work on acceptance

Common humanity

Face challenges with what you have

Focus on your resources & strengths!

# Common Humanity

- **Everyone** wants to be happy
- **Everyone** has to deal with challenges, change & pain
- **Everyone** makes mistakes, has flaws and act irrationally
- **Everyone** has their own suffering



# From Suffering To Acceptance

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**Stop, observe your pain & breathe:**

*“I’m struggling in this moment & it’s ok”*

**Observe your suffering:**

*“I’m not alone. Others are also suffering like me.”*

**Ask your heart:**

*“What do I need right now?”*

**Offer compassion & acceptance:**

*“I choose to be kind to myself in this moment.”*

# Recap

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## **Mental Obstacles to Confidence**

Overthinking, Perfectionism & Social Comparison

## **Stop Fueling...**

Pessimism, Shame and Anger & Envy

## **Build Confidence with Mindfulness**

Kindness, Self-Compassion, Acceptance and  
Common Humanity

'Self-Compassion Letter' worksheet

Use 'Suffering to acceptance practice'  
when feeling stuck or overwhelmed

Self-compassion body scan practice



**Homework**







**Q&A**



**Thank You!**