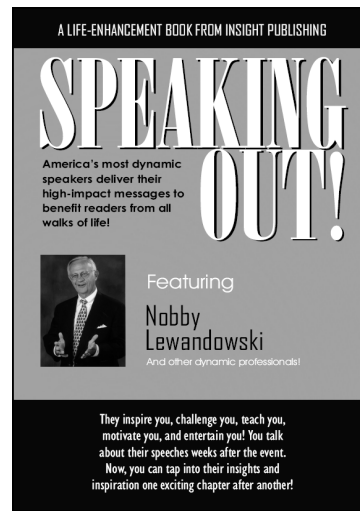
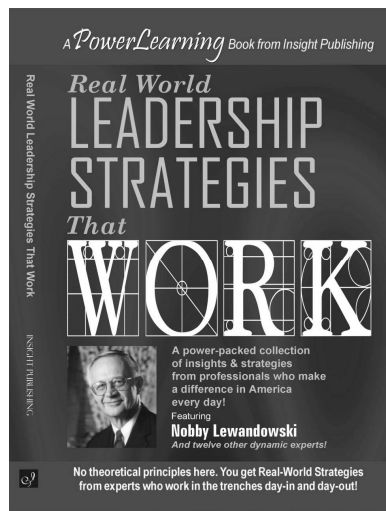


# BUILDING SELF CONFIDENCE



## ELEVATING SELF ESTEEM

**Ohio Speech-Language-Hearing Association  
March 13, 2010**

***Discussion Leader***  
***Norbert "Nobby" Lewandowski, CPA***  
***3637 Medina Road, Suite 350***  
***Medina, OH 44256***  
***(330) 723-1424***  
***nobby@apk.net***  
***www.nobbyinfo.com***

## **CONFIDENCE**

- **Defined - ‘firm trust, faith, belief in one’s own abilities’**
- **Thesaurus – belief, reliance, trust, assurance, courage, firmness, self-reliance**
- **I believe confidence is an attitude.**

## **SELF ESTEEM**

- **Defined - ‘confidence and respect for oneself’**
- **The value we place on ourselves. It is our assessment of worth as a human being, based on an approval or disapproval of ourselves and our behavior.**
- **Sound self-esteem is the basis for ALL self-improvement.**

## **SELF CONSCIOUS**

- **Defined - ‘embarrassed or awkward in the presence of others; ill at ease’**
- **Thesaurus – awkward, embarrassed, insecure, nervous**
- **“I will not permit others disapproval of my speech to influence my behavior or self confidence.”**

## **WHAT IS SELF CONFIDENCE**

- **Comfort or discomfort with yourself - does it come from within or from outside sources?**
- **We know that if children are treated badly enough for long enough, they come to believe they are bad people.**
- **The art of self confidence is not controlling what happens to us, but using what happened to us.**
- **It isn't as important what happens to us, but how we react to what happens to us.**
- **We came into this world as babies; it was with a clean slate, so to speak. Then:**
  - \* **We learned love was conditional**
  - \* **We learned to feel insecure**
  - \* **We learned to feel inadequate**
  - \* **School left its mark**
  - \* **Social codes lowered our self-esteem**
  - \* **We developed unrealistic expectations**
  - \* **Etc.**

## **NOT A REHEARSAL**

- **You need to be asking yourself how to take control of your life from this moment on.**
- **You and I define who we are every day by the choices we make.**
- **We are what we think.**
- **Anything you want to do you'll find a way.**
- **Anything you do not want to do, you'll find an excuse.**
- **Not an all or nothing track. You may have some parts of your life that you absolutely love and parts that you hate – back to understanding what is important in your life and then changing what you decided needs to be changed and making what you love even better.**
- **When you look back at your defining moments and critical choices, you have encountered a small number of pivotal people who have shaped you both positively and negatively. Identifying who those people are and what role they have played in forming your personal truth or self-concept will be a key element of getting in control of your future life quality.**

## **THE HUMAN BRAIN**

- **That incredibly powerful personal computer control center that each of us has, is capable of doing for you anything reasonable that you'd like it to do. But you have to know how to treat it. If you treat it just right and carefully give it the right directions, it will do the right thing – it will work for you in the right way. But if you give your mental computer the wrong directions it will act on those wrong directions; it will continue to respond to the negative programming that you and the rest of the world have been giving it without even being aware of it.**

## **“WHO AM I”**

- **Say “I am responsible,” and accept personal responsibility for my own life. You can build a new you or improve on the you which you like. You choose the life you lead.**
- **Bad things do happen; how I respond to them defines my character, the quality of my life, and who I am.**

## **PROGRAMMING THE BRAIN**

**You will become what you think about most; your success or failure in anything, large or small, will depend on your programming – what you accept from others, and what you say when you talk to yourself.**

**It is no longer a success theory; it is a simple, but powerful fact. Neither luck nor does desire have the slightest thing to do with it. It makes no difference whether we believe it or not. The brain simply believes what you tell it most. And what you tell it about you, it will create. It has no choice.**

**Whatever you put into your mind – in one way or another – is what you will get back out – in one way or another.**

**Whatever means you choose to make the change, unless you first begin to change your old “programming,” the years of conditioning that keeps you doing it the old way, the likely outcome is that what you want to accomplish will not work – or will not last.**

**Can you imagine the number of times some child has heard the innocent but thoughtless words, “you’ll never amount to much,” or was told “that sport,” “that career,” “that mate,” or “that dream” was not right for him or her? Just imagine what our eager and open young minds perceived and believed.**

## A SELF-MADE WALL OF NEGATIVE SELF-TALK

I can't remember names.  
It's going to be another one of those days!  
It's just no use!  
I just know it won't work.  
Nothing ever goes right for me.  
That's just my luck.  
I'm so clumsy!  
I don't have the talent.  
I'm just not creative.  
Everything I eat goes right to my waist.  
I can't seem to get organized.  
Today just isn't my day!  
I can never afford the things I want.  
I already know I won't like it.  
No matter what I do I can't seem to lose weight.  
I never have enough time.  
I just don't have the patience for that.  
That really makes me mad!  
Another blue Monday!  
When will I ever learn!  
I get sick just thinking about it.  
Sometimes I just hate myself.  
I'm just no good!  
I'm too shy.  
I never know what to say.  
With my luck I don't have a chance!  
I'd like to stop smoking but I can't seem to quit.  
Things just aren't working out right for me.  
I don't have the energy I used to.  
I'm really out of shape.  
I never have any money left over at the end of the month.  
Why should I try, it's not going to work anyway!  
I've never been any good at that.  
My desk is always a mess!  
The only kind of luck I have is bad luck!

I never win anything!  
I feel like I'm over the hill.  
Someone always beats me to it!  
Nobody likes me.  
I never get a break!  
It seems like I'm always broke!  
Everything I touch turns to bleep.  
Nobody wants to pay me what I'm worth.  
Sometimes I wish I'd never been born!  
I'm just no good at math.  
I lose weight but then I gain it right back again.  
I get so depressed!  
I just can't seem to get anything done!  
Nothing seems to go right for me!  
I'm just not a salesman.  
That's impossible!  
There's just no way!  
I always freeze up in front of a group.  
I'm nothing without my first cup of coffee in the morning.  
I just can't get with it today.  
I'll never get it right!  
I just can't take it anymore!  
I hate my job.  
I get a cold this time every year.  
I'm just not cut out for that.  
I'm really at the end of my rope.  
You just can't trust anyone anymore!  
I just can't handle this!  
I never seem to get anyplace on time.  
I've always been bad with words.  
If only I were smarter.  
If only I were taller.  
If only I had more time.  
If only I had more money.  
... and on, and on, and on.

## **NEGATIVE PROGRAMMING**

- **During the first eighteen years of our lives we are told “NO!” or what you could not do more than 148,000 times. We are programmed not to succeed.**
- **How often do you suppose you were told what you can do or what you can accomplish in life? #?**
- **Leading behavioral researchers have told us that as much as seventy-five percent of everything we think is negative, counterproductive, and works against us. We began to believe that what we were being told by others – and what we were telling ourselves – was true.**
- **Repetition is a convincing argument**
- **Others can't mold our thinking unless we allow them to do so**

## **A NEW SET OF DIRECTIONS**

**If we change our attitudes and our behavior just by changing our programming, then none of us have to continue struggling through life with our old, negative programming dragging us down or holding us back. If we can just learn to give specific, productive new directions to our minds, then we have a chance to make things work – and keep working.**

**When I recognized that we could make a change in our lives by making a change in our programming, I saw for the first time, a crack in the wall of the 148,000 negatives, doubts, and destructive disbeliefs that each of us had built up in front of us. I began to believe that what was holding us back, defeating us, could itself be defeated. I began to realize that an exciting new future was about to become available to anyone who was standing behind the wall, waiting to get through.**

**What an exciting decision it is to break through that wall. Any of us can do it. Once we recognize what the real wall is, we can get past it.**

**“I am the master of my fate. I am the captain of my soul.” – Henry “Invictus”**

**DOES OUR MIND THINK**  
**NEGATIVELY**

**“I start school Monday and no one will like me.”**

**“Thanks for the opportunity; I know I will fail.”**

**“What will people say if I do that?”**

**“What will people think when they hear me stutter.”**

**Or**

**“I cannot speak in front of class.”**

**“I have not been able to speak in front of the class.”**

**“I will speak in front of the class.”**

## SELF CONVERSATION

**I can do anything I believe I can do! I've got it and every day I get more of it. I have talent, skills, and ability.**

**I set goals and I reach them. I know what I want out of life. I go after it and get it.**

**People like me, and I feel good about myself. I have a sense of pride in who I am and I believe in myself.**

**Nothing seems to stop me. I have a lot of determination. I turn problems into advantages. I find possibilities in things that other people never give a chance.**

**I know that I can accomplish anything I choose, and I refuse to let anything negative hold me back or stand in my way.**

**I am not afraid of anything or anyone. I have strength, power, conviction, and confidence! I like challenges and I meet them head on, face to face – today especially!**

**I am on top of the world and I'm going for it. I have a clear picture in my mind of what I want. I can see it in front of me. I know what I want and I know how to get it. I know that it's all up to me and I know I can do it.**

**I trust myself. I've got what it takes – plenty of it – and I know how to use it. Today, more than ever. Today I am unstoppable! I've got myself together and I'm getting more together every day. And today – look out world, here I come!**

**Limitations? I don't even recognize them as limitations. There is no challenge I can't conquer; there is no wall I can't climb over. There is no problem I can't defeat or turn around and make it work for me.**

**I stand tall! I am honest and sincere. I like to deal with people and they like me. I think well; I think clearly. I am organized; I am in control of myself, and everything about me.**

**I call my shots and no one has to call them for me. I never blame anyone else for the circumstances of my life. I accept my failings and move past them as easily as I accept the rewards for my victories.**

**I never demand perfection of myself, but I expect the very best of what I have to give – and that's what I get!**

**I never give myself excuses. I get things done on time and in the right way. Today I have the inner strength to do more than ever.**

**I am an exceptional human being. My goals and my incredible belief in myself turn my goals into reality. I have the power to live my dreams. I believe in them like I believe in myself. And that belief is so strong that there is nothing that diminishes my undefeatable spirit.**

## **GOAL SETTING**

**(as simple as what we will do in a day)**

**S – Specific**

**M - Measurable**

**A - Achievable**

**R - Relevant**

**T - Time sensitive**

- **Engage in activities where success is almost guaranteed**
- **Read life stories of people with similar challenges**
- **Build and nurture a few good friendships**
- **Become involved in a community project**
- **Role play in situations in which you feel slightly uncomfortable**
- **Measuring success by the yard is hard, but by the inch is a cinch.**

### **THREE “R’s”**

**Respect for ourselves**

**Respect for others**

**Respect for our own actions**

**Before we can feel at ease with other people, we must accept who we really are. And before we can do that we have to know who we are.**

**“We have met the enemy and they are us.” – Pogo**

## **WHAT STUTTERERS SOMETIMES EXPERIENCE AND FIND UNCOMFORTABLE**

- **Teasing from peers**
- **Perception – slow of speech, slow of mind (lack of intelligence)**
- **Calling a friend or just making a call**
- **Making a presentation in class or at work**
- **Meeting a stranger – level**
- **Answering the phone**
- **Introducing yourself to someone**
- **Reading out loud**
- **Joining a discussion group**
- **Job opportunities limited**
- **Not being taken seriously**
- **Listener is less patient – might turn away and/or show uncomfortableness**
- **Less involved because of embarrassment**
- **Low self-esteem**
- **Hard to do certain things requiring fluency – quarterback, cheerleader**

**To feel more at ease and increase fluency it will take time, effort and commitment.**

**We need and are affected by other people, whether it is the cashier at the checkout, a boss, a client, a parent, a teacher, a surgeon, a friend... the list is endless.**

**IF IT IS TO BE; IT IS UP TO ME!!!**

## **BUILDING SELF CONFIDENCE**

**What to Say When You Talk to Your Self – Shad Helmstetter, Ph.D.**

**The Confidence Course – Walter Anderson**

**Maximum Self-Esteem – Jerry Minclinton**

**Self Matters – Phillip C. McGraw, Ph.D.**

**Always at Ease – Christopher J. McCullough, Ph.D.**