

HOW TO ACHIEVE SELF-CONFIDENCE IN MINUTES

We often hear the notion that “we are our own worst enemies.” But in actuality, the good news is, we are our only enemies and our only judges. Any judgment, criticism, animosity, or hate we feel from others is only due to emotional buttons inside us which have been triggered containing the pain of our own self-judgments. Mahatma Ghandi said, “No one can hurt me without my permission.” If we do not believe what others say or think about us, we would not at all be triggered. This process helps free ourselves of the pain of deeply rooted self-judgments, so in the face of criticism, doubt, judgment, and even condemnation from others, we can be joyful. It is said that when praise and blame no longer affect us, and no longer feel any different, this is true freedom!

(Note: Always be sure to do this process out-loud, where no one will hear you.)

Step 1: *Picture a person or group of people in front of you who you feel doubt, judge, criticize, or condemn you, even if they are not intentionally doing so. Such people may just make you feel greater self-doubt, self-judgment, self-criticism, and self-condemnation. You could even imagine looking at yourself in a mirror.*

Ask, on a 0-10 scale, “If 0 = the total joy and self-confidence of a puppy who loves being the center of attention at a party – jumping on everyone’s laps, loving to be petted, and totally open-hearted, playful, and free with all people (Pause and visualize him), how much lack of joy and self-confidence do I have when I feel doubted, judged, criticized, or condemned by _____ at [his, her, their] worst?”

Now, open yourself up, completely unarmored like a 3 year old, with full sensitivity to all your emotions. Without trying to make logical sense of it, rate how unjoyful, doubted, judged, criticized, and condemned you feel facing your subject(s), at their worst, on a 0-10 scale = “X”.

Step 2: Repeat the following sentence using this rating...

“At our worst, I’m feeling a “X” lack of self-confidence in the relationship between us,”

“At our worst, I’m feeling a “X” lack of self-confidence in the relationship between us,”

“At our worst, I’m feeling a “X” lack of self-confidence in the relationship between us...”

Repeat over and over what you are feeling using this sentence ... *Our tendency is to try to avoid facing all that is challenging in our relationships and to try to avoid whomever is triggering our upset. We also sometimes try to discount any feelings or emotions arising which we can’t figure out. Thus, periodically refresh the visualization of the person(s) in front of you, and fully validate your feelings in this process. Continue repeating this sentence until at least 60 to 90 seconds passes, or your lack of self-confidence and upset clearly diminishes.*

Step 3: *Return to Step 1 and re-rate ... Continue with these steps until you’re happy with how much your lack of self-confidence has subsided, or until you clear your way to feeling total joyful and confident in the relationship between you and your subject.*

... *It may be helpful to remember this adage ...*

“The challenges to my self-confidence that I am willing to face will erase ...

The challenges to my self-confidence I try to avoid will keep me annoyed!”

A Spiritual Solution

When we finally break through to feeling total self-confidence, we will see that we never had to ask the other person(s) to make even the slightest change in who they were, how they acted, how they viewed us, or how they treated us, yet there now is a feeling of self-confidence and joy in place of our previous upset.

Most of us are seeking a worldly solution to our relationship problems: we try changing another person; we try ignoring, numbing, or armoring ourselves in our relationships; or we try running away from (or avoiding) people who judge us, push our buttons, or cause us some degree of pain or upset. If we realize, instead, that relationships are a mirror for our own past wounds (our emotional buttons), we see that running away from, ignoring, or trying to make changes to another person results in only a temporary avoidance of our discomfort. Clearly, if we have people who are ‘mirrors,’ reflecting and showing us our own past unhealed wounds in front of us, we know it won’t help to try to alter our ‘mirrors’, change the lighting, or turn away from our reflection, since our wounds will still not be healed. Instead, other people will mirror them again for us when they push our buttons.

By using this process to face people who challenge our self-confidence, we release our inner emotional pain, and our outer relationships completely change to reflect this -- breaking what otherwise might be long-standing and recurring patterns in our lives with others. We thus realize a “spiritual” solution to the difficulties in our relationships: instead of blaming, or trying to change or avoid others, we focus our work on our own inner-healing.

So How Can We Stay Confident And Joyful?

We know life is likely to present us with challenges every day, so how can we stay confident, free, and joyful in our relationships in the midst of all the challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our daily mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them in life and their relationships. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, loving, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness, self-confidence, and joy in our relationships if we take a few minutes time daily to do clearing practice.

