

Sometimes, we do not feel very confident. We feel anxious in some situations. There are times when we have butterflies in our stomachs and do not understand how to handle it.

If you have ever faced this- you are not alone! We all feel like this sometime or the other. Here are some tips to keep in mind whenever you feel low on confidence:

### **Tip One: Visualise**

There is a constant tussle between the heart and the mind when it comes to confidence. The mind may try to tell the heart the hard facts like “There are too many people in this auditorium.” or “I am not prepared” and the heart may as a result become scared. A great way to tackle this situation is by training your mind.

The trick is *Visualising*. This involves closing your eyes and imagining how you wish the situation should turn out. This acts as an excellent stress relief technique when your mind is bombarded by too many negatives. This trick helps you to imagine how you want things to be like! This is training/ fooling your mind.

### **Tip Two: Competence**

Visualising yourself as a successful business tycoon is the first step, however achieving the same in reality is not as difficult as it may sound!

Break your final goal into *smaller, achievable goals*. As and when you achieve the smaller goals- reward yourself! When we notice an increase in our competence, we feel more confident.

### **Tip Three: Ask yourself “What’s the worse that could happen”**

We often fear that worst would happen. However, we tend to avoid thinking about the *consequences of the worst happening*. For example, you have an exam to give and feel that you aren’t prepared enough. Because of the fear of failing you may not be able to write all that you already know.

So try this out: imagine the worst and process it.

- I will fail the exam

- Then I will get scolded at home - Then I will feel bad

\*However, after some time I will feel better and will prepare again and score better.\*  
Imagining the worst makes us realise that after all there is always a 'way out'.

#### **Tip Four: Mentorship**

We often feel lost when doing something new. It is a good idea to *seek guidance* from someone who is already in the field. If you do not have any body to mentor you, then you could use the internet and do your own little research. Watching Ted Talks is a good idea to gain from other peoples' experiences and perspectives.

#### **Tip Five: Do it to feel it**

Avoiding a situation entirely is the easiest thing to do. However, there is also a zero percent chance of success when you do that. It is a good idea to motivate yourself to *at least try it*. There may just be some percentage of success when you try it. And if you feel you will fail- go for tip three!

#### **Tip six: The nagging internal voice**

There is often a nagging, negative internal voice telling us to not try, telling us that we will fail. It is essential to be *aware of the internal voice* and then *take charge* of it. For example: to disarm the internal voice, you could take charge of the volume of this voice. Imagine that the volume control is in your hand and just lower it to try out new things!

You can also imagine putting this voice in a room in your brain and putting a lock on that room!

#### **Closing word:**

I often tell students that there is a difference between *fear and anxiety*. While fear is not knowing what the result will be, anxiety tends to come in when we try to control the future. Example: "I don't know how my exam will go"- fear; "I don't know if I

will be able to get 90%”- Anxiety. It is often because of this fear and anxiety that we feel under confident and do not take up new challenges.

Being a realist increases your chances of avoidance and hence we neither experience success nor failure. I do believe that being an optimistic is difficult however it certainly increases your chances of success- so why not try! What’s the harm!- “What is the worst that could happen!”

*-Saniya Bedi (Counseling Psychologist)*