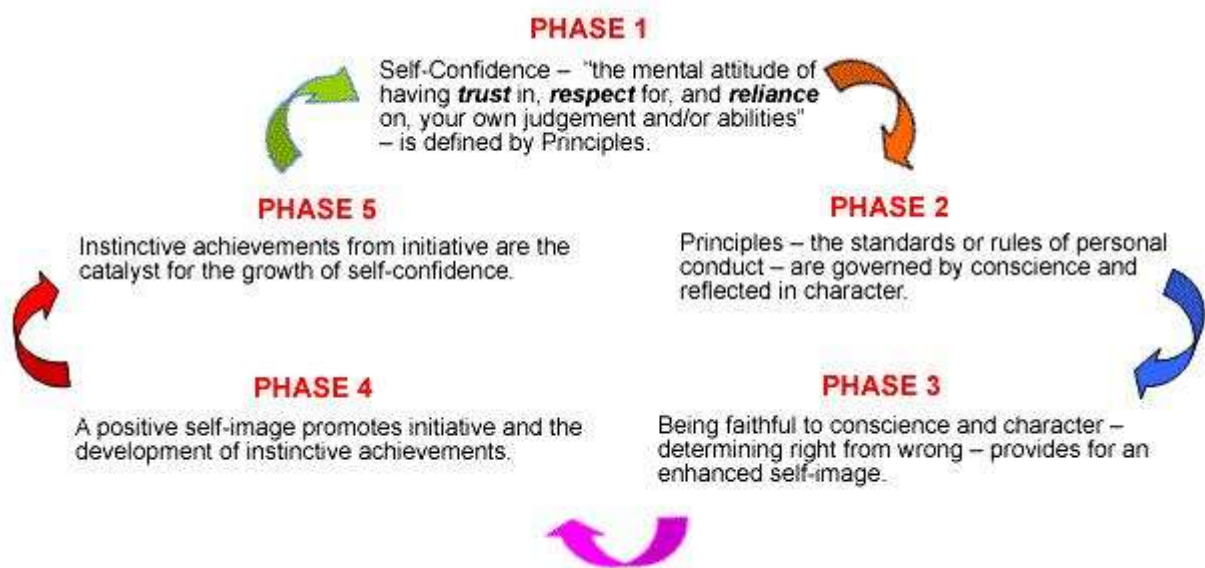


The Self-Confidence Continuum.

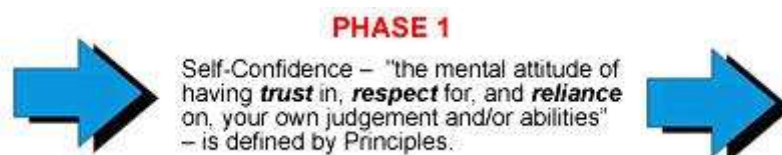
An internal self-confidence development process.

The Self-Confidence Continuum explains the theory of the internal development of self-confidence, available to everyone.



Although the Continuum will allow us to cultivate a process for self-confidence’s internal development, it can also be helpful for gaining confidence from external providers. That is because irrespective of its overall effect on internal development, Phases 1, 4, and 5 of the Continuum, have relevance for how self-confidence works irrespective of its source.

Each of the five phases of the Continuum carries their own explanation on how that internal development process works.



The full definition of self-confidence is that it is ‘the mental attitude of having trust in, respect for, and reliance on, your own judgement and/or abilities’. It is defined by those three important principles of trust, respect and reliance.

Those three principles of trust, respect, and reliance, are the principles that determine confidence in any situation, entity, object or relationship. They can be established in any given order, but they must all be in evidence for complete confidence to be proven or accepted.

If you consider confidence in any form, whether in oneself, another person, an object or situation, it cannot exist without adherence to those three principles. They are principles that are used to provide certainty in every satisfactory element of your life.

Indeed that is why self-confidence is such a desirable trait to possess. Its principles can be an integral component of every life situation, decision, or action. Those principles of trust, respect and reliance provide you with a clear vision of what you can, or cannot, have confidence in.

Try using them to answer any questions of confidence you may have about your own life. As an example, it could be that confidence in your relationships at home, or work, or while socialising, have an effect on being able to maintain an idea of what happiness and success means to you.

Therefore consider questions you could ask yourself, using the principles of confidence, to establish what effect your current life situations may be having on your contentment. The questions can begin with the company you work for, your career, and the persons you interact with during the work day.

Do you believe your company has respect for you, trusts you, and can rely on you? If so, you believe the company has confidence in you. Do you trust the company you work for, have respect for it, and believe you can rely on it? If so you have confidence in the company.



"What does he mean by 'might mean a promotion?' Can I trust him to promote me, or is he just trying to get me to work harder, or will success, or otherwise with this contract, have any effect at all on my career?"

Now consider the other employees, and this can include your seniors, peers, and subordinates. Using the same questions that evoke the principles of confidence, what results do you find?

The results can determine how happy you are in your job and how secure you feel about your employment. It can even assist you to determine if you have chosen the appropriate career path for yourself. Don't panic if there are a number of uncomfortable answers to your questions. They might just be pointing out the areas that should be discussed with your employer, or your family, or workmates.

However, most importantly if many of the answers were negative, that may provide an insight as to what may need to be examined, by these processes. Examination of, and then confronting whatever affects your self-confidence, will ultimately support much better choices for creating a happier and more successful life.

Confidence in close relationships can be just as important as confidence in your employment and workmates. Think about the relationships outside of work, at home, and social connections that are expected to support your happiness or success. Do they include people you respect, that you trust, and know you could rely on?

If that is the case then you not only have confidence in them but they may be an integral part of your life. We all tend to hang on to those people we have confidence in. If there is a lack of trust, respect, or reliance, those involved may eventually have an effect on any confidence you need for gaining complete happiness, or success.

It is the integration of the three principles of trust, respect, and reliance to confidence, and self-confidence, that demonstrates how Phase 1 of the Continuum operates.