

Self Confidence - Self Esteem

How we see ourselves is formed over the years through the interaction with important individuals in our lives. We have gained strong beliefs about how we are and according to them we lead our lives. Somewhere along the line we may find ourselves stuck with a "label" such as that of the angry, the spoiled, the insecure, or the hypersensitive.

So we either try to live up to these roles or spend our energy trying to get rid of the "bad name". This effort can be exhausting and it may ultimately have no effect at all since our attention is distracted from what we want and we end up putting our energy in what others want from/for us.

But if some of these beliefs are false or distorted then they will regularly appear as difficulties in communication with others, as well as obstacles in our personal development. But we can avoid this self-sabotage by exploring our real abilities and needs and thus allowing our authentic self to emerge.