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search **10 Ways to Instantly Build Self Confidence**

Written by [Editor in Chief, Pick The Brain](#) - 1,453 Comments

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**BRAIN TRAINING GAMES**

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Self confidence is the difference between feeling unstoppable and feeling scared out of your wits. Your perception of yourself has an enormous impact on how others perceive you. Perception is reality — the more self confidence you have, the more likely it is you’ll succeed.

Although many of the factors affecting self confidence are beyond your control, there are a number of things you can consciously do to build self confidence. By using these 10 strategies you can get the mental edge you need to reach your potential.

## Build Self Confidence

### 1. Dress Sharp

Although clothes don’t make the man, they certainly affect the way he feels about himself. No one is more conscious of your physical appearance than you are. When you don’t look good, it changes the way you carry yourself and interact with other people. Use this to your advantage by taking care of your personal appearance. In most cases, significant improvements can be made by bathing and shaving frequently, wearing clean clothes, and being cognizant of the latest styles.

This doesn't mean you need to spend a lot on clothes. One great rule to follow is "spend twice as much, buy half as much". Rather than buying a bunch of cheap clothes, buy half as many select, high quality items. In long run this decreases spending because expensive clothes wear out less easily and stay in style longer than cheap clothes. Buying less also helps reduce the clutter in your closet.

## 2. Walk Faster

One of the easiest ways to tell how a person feels about herself is to examine her walk. Is it slow? tired? painful? Or is it energetic and purposeful? People with confidence walk quickly. They have places to go, people to see, and important work to do. Even if you aren't in a hurry, you can increase your self confidence by putting some pep in your step. Walking 25% faster will make to you look and feel more important.

## 3. Good Posture

Similarly, the way a person carries herself tells a story. People with slumped shoulders and lethargic movements display a lack of self confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident. Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered.

## 4. Personal Commercial

One of the best ways to build confidence is listening to a motivational speech. Unfortunately, opportunities to listen to a great speaker are few and far between. You can fill this need by creating a personal commercial. Write a 30-60 second speech that highlights your strengths and goals. Then recite it in front of the mirror aloud (or inside your head if you prefer) whenever you need a confidence boost.

## 5. Gratitude

When you focus too much on what you want, the mind creates reasons why you can't have it. This leads you to dwell on your weaknesses. The best way to avoid this is consciously focusing on gratitude. Set aside time each day to mentally list everything you have to be grateful for. Recall your past successes, unique skills, loving relationships, and positive momentum. You'll be amazed how much you have going for you and motivated to take that next step towards success.

## 6. Compliment other people

When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip. To break this cycle of negativity, get in the habit of praising other people. Refuse to engage in backstabbing gossip and make an effort to compliment those around you. In the process, you'll become well liked and build self confidence. By looking for the best in others, you indirectly bring out the best in yourself.

## 7. Sit in the front row

In schools, offices, and public assemblies around the world, people constantly strive to sit at the back of the room. Most people prefer the back because they're afraid of being noticed. This reflects a lack of self confidence. By deciding to sit in the front row, you can get over this irrational fear and build your self confidence. You'll also be more visible to the important people talking from the front of the room.

## 8. Speak up

During group discussions many people never speak up because they're afraid that people will judge them for saying something stupid. This fear isn't really justified. Generally, people are much more accepting than we imagine. In fact most people are dealing with the exact same fears. By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognized as a leader by your peers.

## 9. Work out

Along the same lines as personal appearance, physical fitness has a huge effect on self confidence. If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energize yourself, and accomplish something positive. Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on the rest of the day.

## 10. Focus on contribution

Too often we get caught up in our own desires. We focus too much on ourselves and not enough on the needs of other people. If you stop thinking about yourself and concentrate on the contribution you're making to the rest of the world, you won't worry as much about your own flaws. This will increase self confidence and allow you to contribute with maximum efficiency. The more you contribute to the world the more you'll be rewarded with personal success and recognition.

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Chris

I think the biggest distinction is between temporary psych-up self-confidence and stable, longterm confidence.

The first can be manipulated somewhat by listening to driving music or mental techniques or a recent success whatnot, but the feeling will always go away.

Longterm self-confidence is more of a logical assessment of your abilities rather than a charged up emotional feeling. You just 'know' you have a certain value. You raise that by having real accomplishments and strengths, and by getting enough external feedback from the outside world that your positive self-assessment becomes another fact.

5 years ago 93 Likes

[Like](#) [Reply](#)

liset

correct me if im wrong or give me some advices please. my problem is that im so afraid to spak something out when im in school because my english is a second language to me, and I feel that my classmates will make fun about me.

4 years ago [in reply to Chris](#) 24 Likes

[Like](#) [Reply](#)

bob

all of your fellow classmates will respect you 50 tmes more then they already do if you speak out. most of them probably dont say anything in class, and when they see a forgein person speaking about something in a language they know all too well - theyll be impressed.

4 years ago [in reply to liset](#) 24 Likes

[Like](#) [Reply](#)



sara

well i had this problem befor and i was afraid to be fun or others laugh on me but i find out that if you will laugh with them when they laugh on you and say oh God I'm not intelegent or i'm not good or stuff like that ...will makes this fun normal and you will see how much thsi way work out so just laugh with them and ask and say whatever you want do be be afraid try it nad you will see..good luck

2 years ago in reply to bob 18 Likes

[Like](#) [Reply](#)



Saadiftikhar001

i have no confidence to talk with females , or over aged people .....

8 months ago in reply to sara 15 Likes

[Like](#) [Reply](#)



Moez Kashif

saad contact at this no +923334072047

8 months ago in reply to Saadiftikhar001 6 Likes

[Like](#) [Reply](#)



Enjoy

hey bud, THINGS ARE THE WAY YOU WANT TO SEE IT.

keep this in your head and be your self. females wont bite, they can't survive without our attention.

8 months ago in reply to Saadiftikhar001 34 Likes

[Like](#) [Reply](#)



Brandymle

Yeah right.u men couldn't survive without each other huh? Lmaf lame guys.

8 months ago in reply to Enjoy 4 Likes

[Like](#) [Reply](#)



kenduby

Thats because you girls tend to drive us absolutly nuts haha

7 months ago in reply to Brandymle 9 Likes

[Like](#) [Reply](#)



vanessa

NOT really is just the fact that men can not leave without us.

6 months ago in reply to kenduby 6 Likes

[Like](#) [Reply](#)



Guru

gosh

5 months ago in reply to vanessa 2 Likes

[Like](#) [Reply](#)



Arabearisme

I agree!

4 months ago in reply to

5 Likes

[Like](#) [Reply](#)

[Guru](#)



**Rizzi\_aka**

I just cant say how wshit people are when theythink highly of the waytheyare

[4 months ago](#)

[in reply to Arabearisme](#)

[4 Likes](#)

[Like](#) [Reply](#)



**Joshuatucker**

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[2 months ago](#)

[in reply to Arabearisme](#)

[3 Likes](#)

[Like](#) [Reply](#)



**ash**

What the hell it is .

[1 month ago](#)

[in reply to Joshuatucker](#)

[Like](#) [Reply](#)



**Sanctus47**

Well men would survive as would females... into everyone died off with no new babies. But if I take what you said word for word us man not surviving without other men... not sure how to respond.

[5 months ago](#) [in reply to Brandyml](#) [3 Likes](#)

[Like](#) [Reply](#)

**San Francisco Dentist**

cuz girls make us insane

[4 months ago](#) [in reply to Brandymle](#) [3 Likes](#)[Like](#) [Reply](#)**ash**

I AGREE WITH U .;

[1 month ago](#) [in reply to Brandymle](#)[Like](#) [Reply](#)**Leaf**

Are you feeling ok Brandymle?

Take it easy

[21 hours ago](#) [in reply to Brandymle](#)[Like](#) [Reply](#)**Preshitha Parihar**

girls really dont need boys attention. the thing is u guys cant live without giving us attention.

[2 months ago](#) [in reply to Enjoy](#) [1 Like](#)[Like](#) [Reply](#)**Spunkyknight\_16**

Men just wanna sex those women then back to work thats it !

[1 month ago](#) [in reply to Preshitha Parihar](#)[Like](#) [Reply](#)**Leaf**

You are speaking of the Men you have met. Not all Men are the same. Myself being male find the modern woman revolting and shallow. A woman's true beauty can be felt as the light of love warming your heart. If a Man wants to feel this light he must be deserving of it - meaning he should not let lust, greed, anger, jealousy or pride enter his consciousness. Women are the most beautiful, powerful and resplendent creations that have ever existed - it is just that most of them don't know it yet. Time to wake up fellow people as now is the time to make the Earth more beautiful than it has ever been!

[21 hours ago](#) [in reply to Preshitha Parihar](#)[Like](#) [Reply](#)**Sam Lee**[@Saadifkhar001](#)

as a professional dating coach and matchmaker I always have my clients create a list of the following to help build confidence when it comes to speaking with women:

1. Previous personal goals that you obtained!
2. What are the worst things women can say or do to you? And how can that really effect you.
3. What do you want to say to women?
4. What do you believe is stopping you from talking to women? And how can you fix those areas?
5. What makes you of value to women.
6. What will you do if things do not go well with the approach?

After you answer these questions it will given you some real incite and show you that the process to speak to women is not that bad. Most times simple mechanics can stop you from wanting to take that next step. Work the mechanics out before you ever approach her. Once you set your plan, work the plan! Approaching women is always about creating a game plan (game plan, not GAME) and working it. Let me know if I can help! <http://mrdatecoach.com>

7 months ago in reply to Saadifikhhar001 4 Likes

[Like](#) [Reply](#)



**ranz**

why?

7 months ago in reply to Saadifikhhar001 3 Likes

[Like](#) [Reply](#)



**Graham**

Hey Saadifikhhar001. I used to be the same. I recommend you do this free online course: <http://confidentman.net/confid...>

7 months ago in reply to Saadifikhhar001

[Like](#) [Reply](#)



**ash**

HA HA Ha !

1 month ago in reply to Saadifikhhar001

[Like](#) [Reply](#)



**Majid\_chandio81**

hi sara where are you from? i m from pakistan. i m farhan and student of [b.com](http://b.com). if u wanna friendship with me call me at +923332767038

7 months ago in reply to sara 5 Likes

[Like](#) [Reply](#)



**Ahmedmike970**

hi i am also from pakistan? just need some advice if your willing to help? At least reply back with a yes or no answer. My email is ahmedmike970 [gmail](mailto:ahmedmike970@gmail.com) .com

Ps. i live in karachi

6 months ago in reply to Majid\_chandio81 1 Like

[Like](#) [Reply](#)



**Chris R**

yeah... try not to give in to others' negativity. It's all a pathetic attempt for them to feel better about themselves...

3 months ago in reply to sara 3 Likes

[Like](#) [Reply](#)



**SABELO NOGENGE**

i will read more of this as it gives me more confidence in.I am in South Africa, unemployed & am 26. Thanks for the page, fulfilling.

[2 years ago](#) [in reply to bob](#) [5 Likes](#)[Like](#) [Reply](#)**Jayhawk2940**

Haven't been in a high school in a while, have ya Bob?

[1 month ago](#) [in reply to bob](#)[Like](#) [Reply](#)**nana**

i shake when i am reading in public. esp when am holding a mic.help

[3 years ago](#) [in reply to liset](#) [6 Likes](#)[Like](#) [Reply](#)**shreya**

just look above their heads and take a deep breath and remember u are faaar better off than the peopl who are sitting there who will get scared to death by the mere thought f holding a mike..u r more dynamic n confident person than many others sitting down there..

[3 years ago](#) [in reply to nana](#) [10 Likes](#)[Like](#) [Reply](#)**Lucymcbees**

Absolutely I agree with you. It takes time and effort. We need to be trained more and more.

[9 months ago](#) [in reply to nana](#) [4 Likes](#)[Like](#) [Reply](#)**Amanda**

when I do any public speaking,I try to focus on one object generally above those to whom I'm speaking,it helps me and gradually I feel more confident and actually look at the people I'm talking to,just never do the whole "picture them in their undies"thing,it'll just make you laugh.

[6 months ago](#) [in reply to nana](#) [3 Likes](#)[Like](#) [Reply](#)**Armandalilly**

try to take a public speaking course an oral communications course best investment yet.

[6 months ago](#) [in reply to nana](#)[Like](#) [Reply](#)**maggie**

No, many individuals want to hear other students speak from other countries, not that it is funny but because it is interesting. I actually bet you will find more friends in doing this because everyone wants a unique friend they can talk to and get a new prespective. Use your different style to stand yourself out in a good way!

[2 years ago](#) [in reply to liset](#) [8 Likes](#)[Like](#) [Reply](#)**daniella**

i know how you are feeling, i'm going through that too. i'm really doing my best to change but it's really hard. i think u should find some help, thats what i'm trying to do, because i know i can't do it by myself. it sounds like i'm making a big deal out of this, but thats because it is a big deal. not only for high school but for everything else, beeig communicative is very important. and it might seem like i can speak english very good. but thats only writing and reading, because i dont like talking in english. for the same exact



reason u said, "I'm afraid they r gonna make fun of me". but u know what i realized this is more a selfesteem problem that a accent or difference of cultures like i thought. i really hope u realize that too, and that u always look ahead and be successful!!

[2 years ago](#) [in reply to liset](#) [9 Likes](#)

[Like](#) [Reply](#)



**liam yhlgaygd**

hi i saw u know alot about this stuff soo i am 15 n i find it hard to speak out and take unless im angry butt i used to be very outgoing and confident now if i see a person i know my belly will go in nots,start to feel sik i also have bad paranoyer both my mum n dad suffer from depression and take drugs i think that could be a little bit why,will u help me if

[10 months ago](#) [in reply to daniella](#) [3 Likes](#)

[Like](#) [Reply](#)



**chris**

hey mate - i know exactly what you are going through!!! i am experiencing this at the moment, my parents are both the same being anxious and depressed and yes it has a small knock on effect but only if you let it. I am building my self confidence back up because deep down I know that I am fine in these situations with other people. The only reason that you may find it hard to speak is because you BELIEVE that you will find it hard to speak. You should check this link out - <http://recreateyourlife.com/fr...> it will help in some understanding of how you may have created these false beliefs of yourself which are just not true. And in a positive note enable you to get your life back on track to where you want it to be. P.S at the end of the link they will want you to pay for the full course - i didn't need to part with any money to gain benefit from the video.

Life is only as difficult as we imagine it to be. No matter what we go through in life we are the people who can make it better for ourselves!

I have also found taking part in a sport such as a martial art definitely helps - it will teach you self confidence, peace of mind and self control.

[9 months ago](#) [in reply to liam yhlgaygd](#) [7 Likes](#)

[Like](#) [Reply](#)



**Nina**

Just dont listen you have to know what you want and how to respond. Learn as hard as you can. Most likelt those students just havent heard an accsent or a new language. There proably jealous of you. Dont think your higher or lower then them just believe in yourself

[2 years ago](#) [in reply to liset](#) [3 Likes](#)

[Like](#) [Reply](#)



**Marthees**

Hello sir,

I am also had that problem. But now I came out of that one. Just take ur friends comments as fun and try to speak whatever you think and don't think whether it's grammatically correct or not. Don't be inferior yourself. Right or wrong try to speak in a confident way. Then only your friends will eager to listen your speak.

[2 years ago](#) [in reply to liset](#) [2 Likes](#)

[Like](#) [Reply](#)



**FSK**

Do not be ashamed of poor english. The fact that you just try to speak without showing fear or lack of trust in yourself will make everything else seem minimal.

I have always highly enjoyed listening to and speaking to someone who does not speak english well, it makes the conversation more intriguing and interesting and anyways, why should anyone care if your english is good or bad so long as they understand what you are trying to say.

Whenever I find myself holding back from something because of how others will perceive me, I say to myself, 'I don't give a sh\*t (excuse the language) what others think, I am me, this is my life, I will live it.'

Hope this helps.

[2 years ago](#) [in reply to liset](#) [9 Likes](#)

[Like](#) [Reply](#)



**Galit**

I know how you feel. I speak 4 different languages. Now I speak 4, but I couldn't speak a word when I started. Here is the thing. Don't think about what others think of you, rather be proud of what you are going to learn. The more you are going to practice, the better you will become. You can even ask others to correct your language so you can learn faster. You will become so fluent you won't believe how good you are. Good luck.

[2 years ago](#) [in reply to liset](#) [7 Likes](#)

[Like](#) [Reply](#)



**Hema1389**

Hai i like ur confident

[9 months ago](#) [in reply to Galit](#) [2 Likes](#)

[Like](#) [Reply](#)



**javed**

im not confident and i hate myself

[8 months ago](#) [in reply to Hema1389](#) [1 Like](#)

[Like](#) [Reply](#)



**Monkey123**

I hate you too, and I don't even know you.

[7 months ago](#) [in reply to javed](#)

[Like](#) [Reply](#)



**Monkey123**

Actually, I love you dearly and want to have mad, raving humpies with you.

[7 months ago](#) [in reply to javed](#) [3 Likes](#)

[Like](#) [Reply](#)



**Dylcoxy**

Just speak, that's the only way you will be able to learn, coz then you will be able to know what is right and wrong, they will correct you or God will give you a friend who will help you and not laugh at you.

[11 months ago](#) [in reply to liset](#) [5 Likes](#)

[Like](#) [Reply](#)



**areeb**

liset dont afraid speak whethes it is wrong or right this will increase ur self confidence because no language is easy to learn or untill unless u won't speak then how would u learn

[9 months ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Avinashr86**

every person feel like that only but my advice is that speaking regularly in english with others will develop our speaking skills

[9 months ago](#) [in reply to liset](#) [3 Likes](#)

[Like](#) [Reply](#)



**Monkey123**

What? I haven't a clue what you just wrote.

[7 months ago](#) [in reply to Avinashr86](#)

[Like](#) [Reply](#)



**Julia**

oh thats nice of you monkey123 put him/her down even more why don't you. what he/she means is that practise makes perfect and speaking in a foreign language regularly will help you get better at it.

[7 months ago](#) [in reply to Monkey123](#) [1 Like](#)

[Like](#) [Reply](#)



**Marcinbilda**

If you don't speak up you will not learn the way you should, if you get it wrong they will correct you and forget it the next day, we learn by our mistakes so go for it!

[8 months ago](#) [in reply to liset](#) [4 Likes](#)

[Like](#) [Reply](#)



**image**

This is true

[6 months ago](#) [in reply to Marcinbilda](#)

[Like](#) [Reply](#)



**plumbers houston**

100% true. You just gotta do it. About 8 years ago I hated dancing (I still dont dance often). About 4 years ago I met a girl who loved dancing and I didnt have the self confidence to dance. Luckily, she was ok with teaching me and understood that I am stiff goofy guy. I hated feeling vulnerable and embarassed in front of her. At the point, I just wished that I learned dancing 4 years before then so I wouldn't have to go through this now.

Now, 4 years after I met my future wife, I'm still not a good dancer by any means, but I dont look goofy anymore and I'm glad I finally learned.

You are always going to want to just know how to do something, but you have to learn and start from somewhere.

[4 months ago](#) [in reply to Marcinbilda](#)

[Like](#) [Reply](#)



**Isra Ali**

Im 15 years & I been dealing with the same problem since i came to america in 2008. I really thought i was the only person because no one talks about things like that or understand the struggle. But when i read all the comments i dont feel a lone, so thank you all.

[8 months ago](#) [in reply to liset](#) [5 Likes](#)

[Like](#) [Reply](#)



**Angel Spandana**

u dnt think like dat....once if u come out and talk to ur frnds then ul lose ur fear....if u sit like that wid out talking to anyone then wen vl u improve ur eng? I suggest u to talk to ur lecturers and frnds so that they'l correct u

hope my suggestion will help u.

[7 months ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Lime Squeeza**

You are who you are. That is simply showing you dont accept yourself, so why would anyone else? Accept who you are in every facet, and the more confident you react to those situations, people will pick up on your confidence, not your speech.

[7 months ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Lime Squeeza**

And read "Power of Positive Thinking," it's a game changer!

[7 months ago](#) [in reply to Lime Squeeza](#) [2 Likes](#)

[Like](#) [Reply](#)



**K Cho88**

English is my second language too. and in class im quite all the time and just staring at the wall or the person. but if u just speak your mind and just say like anything random, and be confident of your self.

nobody will care about your clothes your wearing or looks just speak up. and make sure to smile to people.

[7 months ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Arabearisme**

People will respect you more if you DO speak out. And if they don't speak out and they make fun of you, tell them at least you want to try and get involved.

[4 months ago](#) [in reply to liset](#) [1 Like](#)

[Like](#) [Reply](#)



**Chris R**

I can tell you one thing. I only speak English, and not very well at that. So when someone who's primary or native language isn't English speaks in class, they automatically receive respect for multiple reasons... Think about it:

1. Many of the kids in class aren't even bilingual.
2. Many of these kids don't even speak English all that well even though it's their only language.
3. Most of these kids aren't even confident enough to speak up in class.
4. You will be seen in the proper light because people don't expect those who are still learning English to speak perfect English!
5. The teacher as well as the students who are paying attention in class will be the only ones who really pay attention to what you're saying, and they will naturally make more of an effort to understand what you are saying since English isn't your first language!

\*I hope this gives you at least some perspective..

[3 months ago](#) [in reply to liset](#) [1 Like](#)

[Like](#) [Reply](#)



**Letsplaysoccer10**

ingles sin barreras bro

[1 month ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Zhena Nova**

hi, i think we have the same problem u know..english is my second language too...i never volunteered, speak up, hands up. but no

one bullied me bcoz they said im nice and do u know that being friend with everybody around u will help u get confidence on speaking up for urself bcoz they will automatically understand u if u say something confusing to them but u have to remind them that english is ur second language but try hard to study english

[2 weeks ago](#) [in reply to liset](#)

[Like](#) [Reply](#)



**Liz**

Personally, I enjoy hearing people speak who are just learning English. You have a different sound and I like it. There may be some who will want to make a little fun but just as many will like to hear you talk. Remember, most people listening only know English and maybe not very well at that. So don't hold back. Speak out and do the best you can.

[1 week ago](#) [in reply to liset](#)

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**Taylor Bee**

Look, we all can pretend all we want to say that "Oh, yeah, listen to some music" or "Oh, yeah, believe in yourself". But you all know that is a bunch of crap and wenever do that.

What are we always running around the house saying?

How does my hair look?

Do I have something on my shirt?

DID I SIT IN SOMETHING?

And people do look at the clothes a lot.

So maybe clothes don;t make the man...

but you're sure right about they make you feel good!

[4 years ago](#) [in reply to Chris](#)

[Like](#) [Reply](#)



**ANGELA**

well i think ur right

come on i mean im one of those people...I GO CRAZY.

WHAT TOOK MY ATTENTION IS THE POINT WHERE THE WALKING STYLE WAS STATED!

I NEVER KNEW THAT WALKING FAST DEPICTS SELF CONFIDENCE:)

[4 years ago](#) [in reply to Taylor Bee](#) [2 Likes](#)

[Like](#) [Reply](#)



**Lily**

I believe walking fast does depict confidence. When you walk faster you have a drive to get more things accomplished and by accomplishing more things you possibly run into more people, you have brief converstations with each person, and the conversations that you have with each person are just feedback and confirmation that you are a very important person. These converstations usually consist of what is on your agenda and getting to know the other person's agenda as well.

[4 years ago](#) [in reply to ANGELA](#) [2 Likes](#)

[Like](#) [Reply](#)



**JOnathan**

That was acually the most interesting thing when I read that, because I acually just came from the supermarket and when I went in this peticular time, I knew beforehand what I wanted and it was just 2 things, but get this, the interesting thing was

that from the time I got out of the car I realized that I was projecting confidence by the way I was walking cause I had something to do and was going straight for it. Now, weather conciously thinking it, or subconsciously, I realized it therefore upon the realization, my confidence was even boosted more. but either way i knew it and it was surprizing to read that after that just happening

But at the same time, when I went to ask for help from the one girl, n she was kinda cute, I didnt have that same confidence.

so anyway if your wondering how such the coincidence, well when I got home I googled the word "Confidence" so thats how I got here. Cuse I said to myself I said "self" your gonna get so self confidence.

And I believe that anything you want can and is possible to be attained but you need first to want it, then you need info., then you gotta disipline yourself, to what degree, I guess depends on how much you want it and how enjoyable it is for you.

ok way too much writing, but n e way i its interesting youll read it. so why am I writing this well... I guess i thought it might possible be might help someone out. You know im putting the 10 things into practice. thinking on others. and heck, I just felt like writing.

some feedback... "I feel you", "ok" "interesting", "shut up" you know anything.

4 years ago [in reply to ANGELA](#) [8 Likes](#)

[Like](#) [Reply](#)



**Althea**

I don't agree with the walking faster bit. I suffer from social phobia, and whenever I'm on the street (very seldom) I tend to walk very fast, so that whatever it is I'm doing (e.g. going to the store, work, etc) will be over as soon as possible. I also do so because it gives me the impression that if I walk fast, nobody will have time to notice me.

3 years ago [in reply to ANGELA](#) [3 Likes](#)

[Like](#) [Reply](#)



**stanley**

hey, u know what that's called, spotlight effect...i read abt that in a newspaper in india b4 i came here to san francisco...its a feeling u get that everyone on the street is looking at YOU ONLY and u feel very conscious abt urself that way...i had that problem too back home..sometimes do feel that way here too..but i guess over time u get over it.... cheers :-)

3 years ago [in reply to Althea](#) [3 Likes](#)

[Like](#) [Reply](#)



**Facebook Games**

I think this is very true. Another way other than the ways you have mentioned is to say a mantra or a quote to yourself. Like the one described here:

<http://www.glamquotes.com/quot...>

5 months ago [in reply to stanley](#) [1 Like](#)

[Like](#) [Reply](#)



**Ariella**

I loved what your wrote.

Keep doing it.

Sincerely,

Ariella

[3 years ago](#) [in reply to Althea](#) [4 Likes](#)[Like](#) [Reply](#)

Hema1389

Sweet

[9 months ago](#) [in reply to Ariella](#) [1 Like](#)[Like](#) [Reply](#)

Sara

I definitely agree with you. You cannot veil what is real. What you can do, however, is take a proactive approach. Sometimes it makes sense for our body to lead our emotions and thinking. Think about it: if you are sad, you can keep being sad or you can watch a comedy. I would love for you to check out my blog at

<http://increaseyourselfconfide...>

[3 years ago](#) [in reply to Althea](#)[Like](#) [Reply](#)

vangie

i do the same thing

[3 years ago](#) [in reply to Althea](#)[Like](#) [Reply](#)

Ben

It's called agrophobia , I have it too , I totally understand what you mean about walking fast so nobody notices you , But I have come to realise that that isn't a way to live , all you should say to yourself when your outside is "Who cares if people are looking at me" I mean so maybe they are better looking , maybe they are more intelligent , but at the end of the day we are all human , we are born , we live , we die , so why waste your life thinking about what other people think? they are not worth it! And 90% of the time they arnt looking at you! and the 10% who do look at you don't care what you look like. It's one of the hardest phobias to get over but if you don't you will get to the end of your life and regret not having done more. Email me at Ben.du11@hotmail.fr if you want to chat about it, I will be happy to help you .

Ben

[2 years ago](#) [in reply to Althea](#) [3 Likes](#)[Like](#) [Reply](#)

Jodes

Me too! Good luck to you. I know how horrible it is.

[4 months ago](#) [in reply to Althea](#)[Like](#) [Reply](#)

ms girl

yeah the walking fast thing was a load of crap to be honest. shy people, me included walk fast because they are uncomfortable. (me included) in highschool or when walking around groups of people and you dont know , it makes you walk fast, you're trying to get through quickly. people used to tell me i walked fast all the time. a confident person enjoys being seen or doesnt mind it so he doesnt need to speed up or hurry. he can slow down and take a look around him. a shy person with low confidence looks at the grown and is speeding.

[2 years ago](#) [in reply to ANGELA](#) [4 Likes](#)[Like](#) [Reply](#)



:)

I think the article is more talking about HOW you walk as in how you hold yourself. If you're walking and looking down for example, of course you aren't going to give the appearance of confidence / But you're right, I walk fast sometimes, but because I don't smile much and like to wear boots (they're comfy) I'm told I just look like I'm angry about something. lol

[4 months ago](#) [in reply to ms girl](#)

[Like](#) [Reply](#)



sevil

i think i dont have enough self confidence to make friends and the worse thing is that i think i am not attractive to my friends.i am a youngh girl and i need to be attractive especially to my boy friend i would be grateful if you help me

[4 years ago](#) [in reply to Chris](#)

[Like](#) [Reply](#)



Ben

If you want to chat about it email me at Ben.dul1@hotmail.fr

[2 years ago](#) [in reply to sevil](#) [3 Likes](#)

[Like](#) [Reply](#)



Mel

I agree that the walking fast is a load of rubbish, I don't have any confidence and I walk fast to get to wherever I am going as fast as possible.

I would've thought walking slow and taking your time would give you more confidence.

[2 years ago](#) [in reply to sevil](#)

[Like](#) [Reply](#)



Kim

This is probably late. But I used to be exactly like you. Zero self confidence in my looks and I just didn't know where to start in making friends and if someone tried to befriend me I'd tremble so hard I wonder why I never shit my pants!! And worse, I have a driving license but I was so terrified of other drivers that I spent years without driving.

Anyway, I tried the net since I couldn't face people. this link might be helpful; <http://chardskm.selfconfidence...> I have improved a lot in the past 3 months!

[3 months ago](#) [in reply to sevil](#)

[Like](#) [Reply](#)



kara

hi can some one please help me.

i havent had a job for 2 yrs i have no confidece what so ever i dont like going out side my front door i have scars on my arm from where i was self harming and i dont want people to see i want to get a job but i fail underpressure and i cant wear short sleeves b'coz of my scars lately i been thinking if i dont do some thing now i will end up on my own for ever jobless and just living in my bedroom i havent been out sit for 2yrs and im only 19 please some one help me!!!

[4 years ago](#) [in reply to Chris](#)

[Like](#) [Reply](#)



jeff

do not fear better days will come. put yourself out there and hopefully people will see the great person inside rather than the scars



on your arms. that are obviously apart of your past. :)

[4 years ago](#) [in reply to kara](#) [2 Likes](#)

[Like](#) [Reply](#)



**Stephen**

Hi Kara, I am really suprised to see so many people here all looking for the same thing .... It relieves me to see that i'm not the only one with this problem .... I think we should be supportive with each other ... Well i dont dare talk about it with people in my daily life because you cant trust that they will be supportive about it ...

There should be some way we could build a support group with those who are willing .... I think its worth a try ...

[3 years ago](#) [in reply to kara](#)

[Like](#) [Reply](#)



**Demond**

What I've been saying recently is that you never really know what's going to happen. There is just as much evidence that you will succeed than there is that you will fail. Since you cannot predict the future, predict your own future, take action and see your life change.

[3 years ago](#) [in reply to Stephen](#) [2 Likes](#)

[Like](#) [Reply](#)



**andrew**

i totally agree about having a support group. we all know what its like, the pain of not knowing if theres even a single person out there who would care to listen. i think that feeling compounds the problem because i dont feel like anyone would care or that i should even bother other people about my feelings. but i came here and its very apparant that im not alone. i will talk to and listen to anyone who needs a friend to do so. feel free to email me and we can start a dialogue. that goes out to anyone who needs someone to talk to.

[2 years ago](#) [in reply to Demond](#) [1 Like](#)

[Like](#) [Reply](#)



**JD**

this is the way to gain not only confidence in the way you carry yourself but more importantly beleif & self worth...

<http://www.youtube.com/watch?v...>

I use to doubt myself but when you see yourself in another light thibgs become different.

[2 years ago](#) [in reply to Stephen](#)

[Like](#) [Reply](#)



**laksjfdlksajfdl**

kara dont be such an emo bitch Mmk?

[3 years ago](#) [in reply to kara](#)

[Like](#) [Reply](#)



**Ben**

Why did you come on this site if it was to say "dnt be such an emo bitch"? God some people are stupid :/ maybe you should look in the mirror before posting comments like that because noones perfect !

[2 years ago](#) [in reply to laksjfdlksajfdl](#) [4 Likes](#)

[Like](#) [Reply](#)



**honesty**

the rough true comments are generally what snaps me out of a rough phase and gets me thinking clearly again. Its usually the kick i need to say to myself 'yeah stop being so damn stupid!' or ' just friggen do it!'. So i wouldn't care too much about being called a stupid emo prick. Is this even normal?..

[2 years ago](#) [in reply to laksjfdlksajfdl](#)

[Like](#) [Reply](#)



**Basher19**

oh dear, you obviously have a problem! Did your advice come from the heart? Do you feel satisfied now? Satisfied that basically you have succeeded in making yourself look a right prick! Feel good does it? No, didn't think so. The urge to be 'nasty' to someone who obviously is looking for support and help with somat that is so important to them they have come on here and had courage to ask for help and what do they get? ...YOU! How dare you be so fucking ignorant. Dude you to me are the lowest of the low, scum and a fave of mine that I only bestow on the very deserving of 'scum' are .. 'Dog poo people' YOU! There is nowt worse than dog shit, the smell, look, everything about it is awful and you my friend fit that description perfectly, CONGRATULATIONS now do us all a favour and fuck off

[6 months ago](#) [in reply to laksjfdlksajfdl](#) [1 Like](#)

[Like](#) [Reply](#)



**Sheri**

I'm not sure how good this is so late but the last comment you got was a bit much. And if that person was as tough as they made themselves out to be they would have had a reply option on there comment. Forget people liek that. Lookinto yourself and give you a chance to go out and show poeple what you are about. There are people out there worse off so be thankful for that. Your scars dont make you who you are they just show a path that you had to go down to get ot the place your in. But it dosent mean that you will be in that place forever. Give life a chance to show you that it can get better. :)

[3 years ago](#) [in reply to kara](#) [1 Like](#)

[Like](#) [Reply](#)



**jimbob**

I saw a girl at wendys the other day with cutting scars all the way up her arms. like she had sliced across her arm all the way up. she was wearing short sleeves and she was working. she wasnt smiling but she had a job and was doing a good job. fast food is where to start if you need a job and have no confidence. the fast pace will keep your mind off of other things.

[3 years ago](#) [in reply to kara](#) [1 Like](#)

[Like](#) [Reply](#)



**elyas**

well , I just wanne say that you are not to be afraid on whats on your body, since there are so many people out there lookong what you have got in your mind or your internal beauty just make sure that you have a good heart.when ever meeting a new people and be a strong girl mentaly and change this feeling in to some thing postice and powerful to come over and good luck.

[3 years ago](#) [in reply to kara](#) [2 Likes](#)

[Like](#) [Reply](#)



**Ben**

This may be a bit late , but email me at ben.du11@hotmail.fr if you need help



[2 years ago](#) [in reply to kara](#)

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**itsokay**

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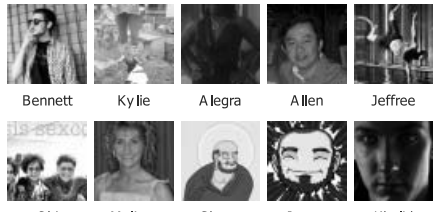
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