

# How to Handle 8 Emotions to Give you Confidence

SADNESS | SHAME | HELPLESSNESS | ANGER | EMBARRASSMENT  
| DISAPPOINTMENT | FRUSTRATION | ANGER

## Your Guide to Low Confidence

Check the answers below

Do you ever find yourself experiencing:

- Disdain or uncomfortable and unpleasant feelings
- Doubt or questioning most things others' say or do
- Hesitancy to take risks
- Anxious moments
- Worry about being a burden to others
- Worry about what others think of you
- Belief you have to do everything yourself
- Hate asking for help
- Making others' needs and feelings more important than your own
- Not being emotionally expressive to keep from feeling vulnerable
- Inability to show signs of vulnerability less you be perceived as weak
- Diminished hard work and accomplishments
- Having to hide your success or devalue recognition of success and achievements
- Refusing compliments
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **It Takes Only 90 Seconds to Reset Your Confidence**

### **Develop Confidence in 3 Steps**

1. Make a choice to be present
2. Acknowledge your willingness to deal with the emotions
3. Ride the bodily sensations for 90 seconds

### **5 Keys to Becoming Confident are:**

Handling Faulty Thinking  
Handling Harsh Self-Criticism  
Being Able to Speak up with Ease  
Taking Action  
Accepting Compliments

**The greater your self awareness and willingness to stay present to your experience, the more capable you become in negotiating all aspects of life.**