

Action Guide

412: Five keys to unlock your confidence

Dr. Joan Rosenberg



Application Questions

1. Do you engage in harsh self-criticism? If so, under what circumstances? What unpleasant feelings are you reacting to?
2. Describe a time when you successfully responded to an unpleasant feeling appropriately. What did you do correctly?
3. Describe a time when you inappropriately responded to an unpleasant feeling. What do you wish you had done differently?



Actions to Take

What to Do Now

- Learn to recognize bodily sensations (tightness, heat, heaviness, etc.) that accompany unpleasant feelings. Breathe through those feelings and remember they will pass within 90 seconds.
- Today, take one risk that will help you build confidence. Speak up or take action.

What to Do Soon

- When you engage in harsh self-criticism, notice what was hard for you to think, feel, know, or bear that prompted the harsh self-criticism.
- Next time you receive a compliment, absorb it, assume it is sincere, and genuinely thank the person for it.