



SYMBIONT PERFORMANCE GROUP, INC.

SELF-CONFIDENCE - WHAT IS IT REALLY?

“If you think you can do a thing or think you can't do a thing, you're right.”

Henry Ford

The Role of the Subconscious Mind

Our subconscious mind carries memories of our past successes and past failures, and these memories directly influence our conscious behavior in the present. Positive past experiences unconsciously motivate us to repeat the behaviors corresponding to those experiences because we subconsciously desire to once again experience the pleasurable feelings associated with these previous successes. Negative past experiences on the other hand, can unconsciously undermine or inhibit future behaviors because we associate them with the pain of past negative results which we subconsciously desire to avoid.

It's really all about mindset. Up until 1954, no runner in the recorded history of sports had ever run a mile in less than four minutes, and it was generally accepted that such a feat was out of the realm of possibility for human beings. That year Roger Bannister became the first man to run a mile in less than four minutes, and this accomplishment was widely applauded as an incredible achievement. Within weeks however, another runner broke the four minute barrier, and in the following months many others did as well. These were the same runners who had previously run in the same races as Roger Bannister and were unable to break the four minute mile barrier. Why did so many runners suddenly accomplish what none of them seemed to be able to do only a few months before?

Before Roger Bannister did it, none of them really thought it was possible, except Roger Bannister that is. As a result, they didn't have the self-confidence that they could do it, and their bodies responded accordingly. But after Roger Bannister did it, they knew it was possible and developed the confidence that if he could do it, so could they.

Becoming More Self-Confident

To break the spell of negative inertia and frustration associated with negative past experiences (real or imagined), it is necessary to condition our minds to erase negative, subconscious memories of past failures which act as roadblocks to success and replace them with positive images of future accomplishments. In other words, we need to create a state of mind that will drive us to ***ACT AS IF IT IS IMPOSSIBLE TO FAIL***. This is the essence of self-confidence, and it *can* be systematically developed.



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But first the root cause of a person's lack of self-confidence must be identified and raised to the conscious level of thought. Then one should answer the question; "What would I need to become better at in order to behave more confidently in this situation?" The next step is to work to fulfill the identified developmental need.

Creative Visualization

Visualization is the technique of using mental imagery to see yourself as already having what you want to have, be or accomplish. It involves changing your thoughts by imagining something to be true over and over until you actually change the mental images residing in your subconscious mind. Thoughts, if powerful enough, are accepted as truth by our subconscious mind, and this changes our mindset accordingly. We develop new, more positive expectations about our abilities which then influence our habits and actions to actually bring about what our mind believes to be real.

Affirmations

Affirmations are positive statements that describe a desired outcome as already being achieved such as "I am consistently losing 2 pound every month toward achieving my goal of losing a total of 20 pounds this year." They work in the same manner as [creative visualization](#) by programming our minds much as commands and scripts program a computer. When repeated over and over, affirmations build mental images in the conscious mind corresponding to the stated affirmation, and these mental images eventually become embedded in our subconscious mind. These images then influence our behavior causing it to automatically strive to attain that which we desire.

In the words of Earl Nightingale, "We are what we think about."