

How Women Unknowingly Sabotage Their Self Confidence & How To Get It Back

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Realities to consider:

- Women are bombarded daily in media, on television, in movies, and on magazine covers with images of unrealistic female beauty and perfection.
- Magazine covers offer quick fixes to slim you down, give you shinier hair and clearer skin, etc.
- The message women routinely get in our culture is that what matters most for them is how pretty and sexy they are.
- More and more women are resorting to plastic surgery to improve their outer appearance.

Despite all these things geared towards making a woman's life better:

- It is estimated that 1 in 4 women are taking some form of anti-depressant or anti-anxiety medication.
- Research has revealed that nearly half of all girls between the ages of 3 and 6 are already worried about being too fat and would like to change something about their body.
- It is estimated that 65% of women have some form of an eating disorder



So the question is ... with so much information out there (countless weight loss programs, hair products, makeup, skin care, plastic surgery) targeted at improving a woman's life by making her appearance better, why do such figures exist?

Because none of these things has anything to do with who you are, what your life purpose is, or what your legacy will be.

*These ideas are about **Renovation** and not **Transformation**
Transformation comes from **Within (The Core)***

To begin creating a solid foundation for building self-confidence at the core, one must become aware of destructive thought patterns:

L. I. E. S.

Limiting Belief - This is a thought process that stops you from thinking progressively (i.e., Only real pretty women have success. All men are the same. I'm too old to start over. People will think my idea is lame. People only respect women who are attractive. If only I were more attractive, then my life would be great.).

To combat the limiting belief - **CHALLENGE IT!** Look for evidence to dispute it. Consider how this belief had impacted your life. Certainly there are plenty of successful women who do not conform to the cultural ideal of female beauty. Certainly there are many women of all shapes and sizes who are confident and happy in their lives. There are many genuinely happy women regardless in all income brackets.



Interpretation - This thought process occurs when you create a conclusion to something that has happened which cannot be proven. For example, the nice guy you just met who you gave your phone number to, lets several days go past before calling. In the time he does not call, you may think he is not into you, or he was just being nice and didn't want to hurt your feelings. These beliefs cannot be proven. The only truth is the phone is not ringing. Every thought beyond that is created in your mind.

To combat the Interpretation, learn to separate fact from fiction. Think of other possible views of the same situation. Realize that an interpretation is one of many possible interpretations and not necessarily the truth.

Expectation - This thought process occurs when you believe something will turn out badly based on a similar past experience when things went wrong. An example would be if you were made fun of in gym class during high school, you might now avoid going to the gym or exercising in a public place for fear of similar ridicule.

To combat the Expectation - Ask yourself, just because it happened once before does that mean it will most certainly happen again? Again look for what can be proven. New thought - You have no idea what people at the gym are thinking, or anywhere for that matter. People are generally nice and helpful. Furthermore, they have no influence in your life and you will likely never even see them again. Nothing is predestined. Focus on what is possible and detach from the outcome you imagine. Again, look for what can be proven.

Shadow - This is your partner in crime trying to keep you safe, keeping you feeling weak and small. The shadow thrives on fear. Your shadow tells you "You can't." Your shadow talks you out of doing things that you might otherwise want to do. Its purpose is to protect you from failure. If you say you can't, then you don't, and therefore you won't *risk* failure.



To combat the Shadow - Ask yourself, what is my shadow trying to protect me from? Dispute the shadow's message and go for what you want. Thank your shadow for trying to keep you safe and then ask your shadow to cheer you on as you move forward.

Before you begin to untangle yourself from these destructive thought processes, you must become aware of the power of your subconscious

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mind. Your subconscious is far more powerful than your conscious mind. It is responsible for keeping your heart beating and your lungs pumping so you don't have to think about them and it keeps the body functioning while you're asleep.

The subconscious mind allows you to enjoy a movie and get emotionally involved in it even though your conscious mind knows that what you are seeing is a performance of actors following a script surrounded by a camera crew. Your subconscious mind is able to bypass the conscious mind and let you get involved in the story. You may experience fear, sadness, anger, and excitement. You may even react physically by covering your eyes, grabbing the person you came with, clapping, laughing, and even crying. All this experience is in thanks to your subconscious mind.

The subconscious also benefits you by preparing your body for danger when faced with a *legitimate* threat. If you're in a building and you smell smoke and hear the fire alarm, your subconscious will activate and prepare you for fight or flight. Your heart rate increases. Your breathing becomes accelerated as the subconscious mind prepares your body for action. It is your first defense in keeping you safe and removed from danger.

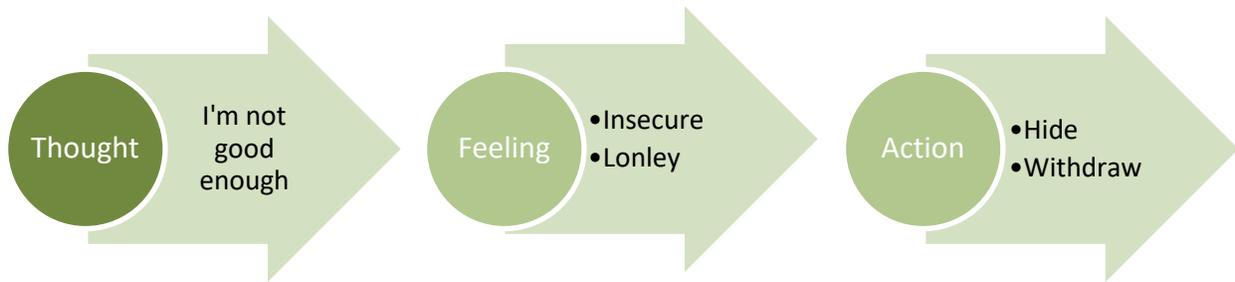


That's the good news. The bad news is – **The subconscious mind cannot distinguish between a LEGITIMATE threat and an IMAGINARY threat.**

The subconscious buys into everything you feed it. Every thought and belief you have triggers your mind to develop feelings to associate accordingly. So if you have a habit of thinking negatively and anticipating the worst case scenario to events in your life, you experience worry, and

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anxiety.



So, our subconscious mind causes our body to react to whatever we are thinking. For instance, if you have a habit of comparing yourself to others, your subconscious picks up on thoughts of inferiority and causes you to feel depressed and insecure.

If you have thoughts such as nobody cares, or everyone is out for themselves, the subconscious produces feelings of loneliness and may cause you to isolate and withdraw.

If you had a parent or other significant influence who showed disapproval of you, you may have developed a pattern of seeking the approval from others to validate your sense of self-worth.

If you've been hurt in previous relationships, the subconscious sees relationships with others as a threat and builds mistrust within you and can



cause you to build walls to avoid getting close to anyone.

If you have been criticized or harshly judged in the past, you may experience anxiety when having to speak in front of a group.

Worry is created by the subconscious when you think the worst will happen to events in your life when you cannot possibly predict the future. This fear of the unknown causes you to draw your own conclusions. Based on your history of how you usually think will determine the outcome you assume to be true.

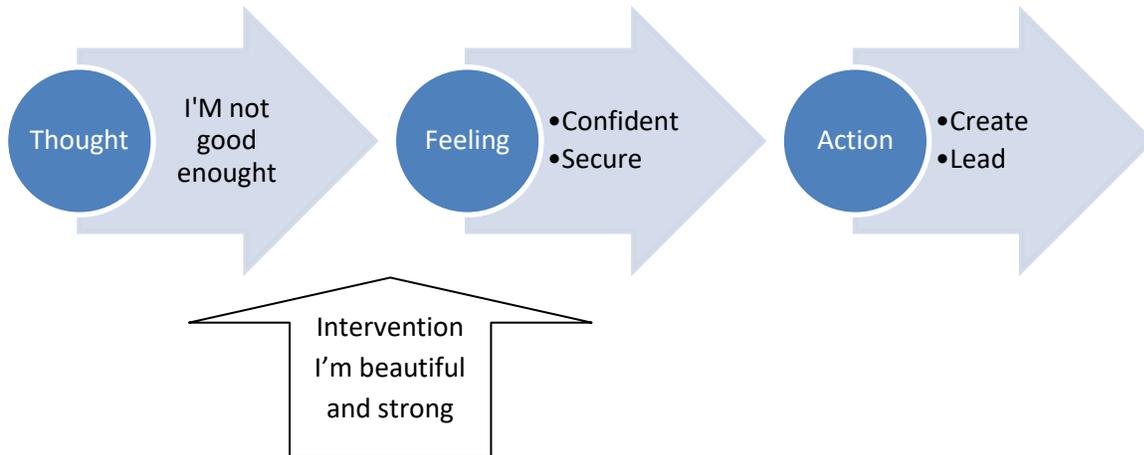
Free yourself from the L.I.E.S.

It's not enough to just think positive. It's like having a flower bed full of weeds. The weeds are your negative thoughts. Flowers are your new thoughts. You wouldn't plant the flowers in the flowerbed without first getting rid of the weeds. Otherwise the weeds would choke the flowers.

To begin uprooting your disempowering thought processes, break them down with three questions:

- 1) Where did I begin thinking this way?
(i.e., I was harshly criticized when I was young; I experienced severe heartbreak in the past.)
- 2) How true is what I am thinking? Consider whether it is a provable fact or just an imagined thought of what you think is happening or is likely to happen.
- 3) What's the new thought I can choose to believe in?





Once you have cleared your mind of these destructive thought processes, you can begin to establish powerful affirmations to build your self-confidence from the core.

Affirmations

To begin changing your mindset, it important to know a bit about how your subconscious operates. Your subconscious buys into whatever you tell yourself. If you routinely have negative thoughts (L.I.E.S.), then your subconscious goes along and considers them to be true and will, at first, resist any thought to the contrary. The subconscious likes consistency.

When you begin filling your mind with powerful affirmations, it may feel unnatural at first. You may even feel that what you are telling yourself is phony. The brain goes where the brain knows. So when you begin to take it in a new direction, it will resist.

Therefore you must be persistent with your affirmations until the subconscious gets enough of them so that it begins to consider your affirmations as the new normal.

Craft an affirmation that is personal and positive. For example:

I am always, and in all ways, greater than I think I am.

I am a beautiful and powerful woman who is strong, loving, and intelligent.

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Again, write an affirmation that is personal to you, and that you resonate with. Start by making a list of descriptors for yourself. Here is a small list you can choose from to get you started:

Beautiful	Happy	Joyful	Determined
Strong	Caring	Intelligent	Playful
Loving	Bold	Confident	Passionate
Spirited	Grateful	Fearless	Committed
Loyal	Warm	Radiant	Powerful

Think of as many words as you can to complete your list of descriptors. Then begin to create your affirmation statement. You may even choose to create more than one and have a variety of them.

Recite your affirmation first thing in the morning and before bed at night. Write it on your bathroom mirror. Post it on your refrigerator, computer, or anywhere you look often. Put it on a sticky note on your steering wheel (but only read it when you are stopped). Put it wherever you are likely to look. It is also important to repeat it to yourself several times a day.

Use these tips to begin building your self-confidence at the core. By mastering these techniques you will become more empowered. The more you build your positive self-perception, the more you will experience life with more passion, love and fun.

You can do this work on your own as long as you are committed to doing these exercises on a regular consistent basis. Just like deciding to get in shape you must be committed to a regular workout routine. You may also decide to hire a personal trainer to help you along and hold you accountable.

Helping you continue your personal growth is where I can help you. Consider taking advantage of some of my more in depth services where I will help you eradicate fear and self-doubt for good. I will help you create the life you love. I will help you grow into feeling fearless and unstoppable. I will help to gain self-confidence so off the charts that wherever you go, people take notice. You will be the one others think, "Whatever she's got, I want it!"

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