

Self Esteem & Confidence

Are they the same thing? There has been a lot of discussion in the clinic this week on Confidence. Over the years I've noticed this is a common concern for people both male and female. When the confidence level is up they are feeling on top of the world, and invincible, then it changes and they take a dive and it often takes a long time for them to come out of it. What I've found is that people put Self Esteem and Confidence in the same basket, but they are different!

Self esteem gives you solidarity, it is the foundation.. Confidence fluctuates. You may feel confident in one area of your life and not another. Without good self esteem the confidence will swing between highs and lows and sometimes the swings are dramatic, you can be really high and on top of the world one minute and then fall to lows that hold you down like you are bogged in quick sand and you have trouble climbing back out of the pit.

The thing that holds confidence steady is healthy Self Esteem. Self Esteem is the glue that holds it all together. It gives confidence an even an steady ride and it is not based on what job you have, your level of education, the car you drive, what house or suburb you live in.

A person with healthy Self Esteem will feel good about who they are regardless of life changes and stages. They will look you right in the eyes with self-assured strength.

Self Esteem is an inside job, when you're solid from the inside you're stable. This is true power. If your Self Esteem is based in the external world, you are powerless as it is inevitable that the external world will change at some point. The anchor must be on the inside not the out side.

So many people get their worth enmeshed with their profession or material substance but that material world changes, it never stays the same. We must have a more solid foundation to build our confidence on, and that is your 'self worth' as a person, regardless of what you do or where you live or how much money you have in the bank.

There is absolutely nothing wrong with having a great job, loving your car, your house, your money, however it is not who you are, and if you have your self esteem tied up in these things and you suddenly loose them, you'll crash because you have built your self worth on "sand" instead of solid rock.

Self Esteem & Confidence

I call this inner power, Spiritual Power, and I have learned through personal experience that Spiritual Power is the foundation of life. Spiritual Power is the most practical and grounded power in life. We could call it Personal Power as it's a power that resides deep within each person.

Personal Empowerment is something we're all striving to achieve. From this we feel worthy, strong, empowered, solid and peaceful.

With this type of solid personal power life becomes strong, even and more harmonious, the stronger and deeper your self esteem becomes the more even and authentic you are and this supports your confidence.

When your confidence fails you, your Self Esteem is there to support you and hold you steady. You have substance!