1. Attitudes That Lead to Low Self-Confidence and How to Change Them

If you suffer from low self-confidence, you might be stuck in some negative mindsets that are affecting the way you think about yourself and, ultimately, your self-esteem. Negative mindsets tend to have a lot of "always" or "never" talk, creating a sense of entrapment and hopelessness. Here are some examples of negative mindsets that can lead to low confidence.

*"I will never get it right."*

Thinking this way can keep you from trying again, or even trying something for the first time. It makes it only too easy to give up.

*"Nobody understands what this is like."*

When you lack self-confidence, a lot of times you assume that everyone else has it together and you're the odd man or woman out. You may feel isolated, and feel as if others have their lives together while you are still floundering.

*"I am totally useless."*

When you lack confidence, you may feel like you don't have anything of value to contribute, whether it's to your workplace, relationships, or something else.

*"I am a complete failure."*

No one fails at every single thing; but to a person with low self-confidence, it can sure seem that way. You may feel like everything you've ever tried has failed, even if this is not true.

*"I could never do that."*

Do you see someone with a successful lifestyle you wish you had? If you lack self-confidence, you may have the above reaction. Instead of being inspired and wanting to create that lifestyle for yourself, you look at that person and get depressed, thinking you could never have what they have.

*How Can These Mindsets Be Overcome?*

In order to overcome these destructive mindsets that lead to low confidence, it's necessary to reprogram your thought processes. You will need to pay attention to your negative self-talk and immediately change it to something positive.

For example, instead of "I will never get it right," you could stop that thought in its tracks and think instead, "I have trouble with this, but if I keep trying and seek out the right help, I know I can succeed." Rather than, "I could never do that," think, "I would love to do that! There's no reason why I can't have that lifestyle if I work at it."

You may need therapy and/or counseling to overcome these mindsets. But like everything else in life, you can do it if you set realistic goals and have confidence in yourself!

1. Tips For Confidence-Building In Interpersonal Relationships

For some people, self-confidence with regard to personal relationships is challenging. You may find that you have confidence in many other areas of your life - your business, talents, and so forth - but lack the confidence to have successful personal relationships. For some, this is due to past experiences - once bitten, twice shy, so to speak. For others, it just seems to be how they're wired; they just can't be the social butterfly they wish they could be.

If any of this describes you, read on for some tips and suggestions that may help.

*Recognize You're Not Alone*

Pretending like you don't have trouble with confidence is not going to help. You'd be surprised at how many people who seem naturally born confident actually took time and effort to learn the art of self-confidence in their relationships. If there weren't a growing number of people in need of self-confidence, there wouldn't be a growing field of confidence coaches and life coaches to help!

*Consider Coaching*

You might consider becoming a client of a confidence or life coach. These coaches specialize in helping people realize their potential, both professionally and personally. There's no shame in seeking advice, whether from a friend or a professional.

*Your Contribution*

If you feel insecure when you think of your interpersonal relationships (or when you think of starting one), it might help to remember that you have something of value to contribute to that relationship. Lack of confidence may stem from a sense that relationships are only about you pleasing the other person, or getting him or her to like you. However, it's important to realize that you have something to contribute to the relationship which will benefit the other person - you!

*Flaws Happen*

Remember that both you and the person with whom you are in a relationship have flaws. Everyone does. People who lack confidence in relationships tend to walk on eggshells, afraid they will say or do something to cause the other person to turn against them. But truthfully, someone who really likes or loves you is not going to ditch you just because you said one off-color thing or made one mistake. And if they do, you didn't need them to begin with!

*Silence the Negative Inner Voice*

First, you have to recognize it - listen for a few days to your inner voice. What's it saying? Do you hear, "You're not good enough," "No one would ever put up with you," or "I just can't go over and talk to him/her?" Once you begin to hear these thoughts, it's time to take action and change them. Often, such negative self-talk is a habit and you don't even realize you're doing it. You have to forge new habits of positive self-talk instead. Remember that you have something to contribute to a relationship and the right person will be glad to have you as an addition to his or her life!