

THREE CONFIDENCE BUILDING TECHNIQUES

1.0 YOUR TWO MINDS

Your mind is actually composed of two very distinct parts, your subconscious and your conscious minds.

- **The Left Brain – Your Conscious Mind**

The left hemisphere of the brain deals with logical sequences, numeric calculations, words and their meanings, and speech. The left brain makes no excuses. It sees only the details; it cannot see beyond the immediate facts. It knows only what is going on now and it demands that things be in the proper order. It is scientific in approach and controls all rational conscious thought.

- **The Right Brain – Your Subconscious Mind**

Your right brain deals with whole pictures, images, faces in a crowd, putting puzzles together, creative thinking, intuition, and musical and artistic ability. The right brain thinks in terms of the whole picture rather than focusing on separate details. It works out the meaning or significance of details even though you may not consciously be dwelling on them.

- **Using Your Left-Right Brain Combination to Change Your Behaviour**

Think of your left brain as providing the “input,” or information that has to be processed in your mind. Think of the right brain as the natural creative computer designed to process that information in order to come up with solutions for specific situations or problems. Your left brain tells your right brain what the facts are and what the objective is. **YOUR RIGHT BRAIN EXAMINES THE FACTS AND WORKS OUT THE WAY TO ACHIEVE THE OBJECTIVE.**

Decide what you want to do, and specify the changes necessary to achieve that end. Once you set the program in motion by determining your goal, your right brain will automatically prompt you to make whatever decisions are necessary to reach that goal. Use visualisation techniques described below.

- **Negative Thinking Versus Positive Thinking**

Your mind will go back and forth playing devil's advocate with you. Instead of worry and thinking that you may not be able to do what is necessary to complete your goal, believe you will achieve your goal. Wish it, believe it, run a movie of it in your mind.

EVERY TIME YOU MAKE A STATEMENT YOUR SUBCONSCIOUS MIND (RIGHT BRAIN) REGISTERS IT AS A FACT. When you say out loud. “I can't,” “I won't,” “It's impossible,” “I'm so clumsy,” “I'm stupid,” etc., your subconscious mind believes you and the task at hand becomes more difficult.

Catch yourself when you make a negative statement about yourself, and immediately change it into a positive one. Instead of accepting such thoughts and thus subconsciously allowing yourself to anticipate and welcome defeat, resolve to detect negative thoughts as soon as they begin to surface, and then repel them with immediate counter instructions.

If you force yourself to restate your negative thoughts into positive ones, you will have added another helper to your inner support network.

- **Concluding Comments**

Instead of saying, I cannot do it, say that I will do better this time. Your right brain will consider that statement as a fact and do what is necessary to achieve that goal.

Vedral, J. 1986, *Now or Never*, Warner Books

2.0 VISUALISATION

Your first goal is to get a mental picture of the behaviour, skill, attribute etc you wish to have. Visualise the success. **DO NOT LET NEGATIVE THOUGHTS CREEP IN.** The negative thoughts come from the logical, critical left brain. Control your brain input. Instruct yourself to do as you say. In your mind's eye, visualise success. Imagine what it feels like to obtain that success, savour the taste. Revel in the feeling of accomplishment. Never, never visualise failure. As you practice and create in your mind the images of what you want to happen, your body gets the message to make the condition happen.

Imagine the sights, sounds, smells, feelings of the success. Use all of the senses to help reinforce the image of success. Spend some time relishing the whole gambit of feelings that accrue from success. . As you practice and create in your mind the images of what you want to happen, the mind gets the message to achieve that goal.

3.0 PROGRESSIVE DESENSITISATION

Do not fight being nervous at the times when the fear is the greatest. Break it down into manageable portions.

If sitting for examinations is terrifying, imagine walking to the bus on the morning of an exam. Get conditioned to the fear that portion of the whole experience holds. Keep repeating this visualisation until the fear is sustainable. Then, imagine going up the steps to the exam room. Again, do this until the fear is sustainable. Imagine opening the door to the exam room, sitting at the examination table, the wait before perusal time commences, opening the examination paper and reading the first question. Finally, imagine answering a question. In each visualisation you are becoming more desensitised to the experience of sitting for examinations. You will have tempered yourself to the experience in manageable portions.

Repeat the whole process above until you have overcome the terror of sitting for examinations. There will always be some nervous energy expended when sitting for examinations, but the feelings of terror will have been controlled.