

Self esteem

Almost everyone is faced with complexes, even if you hide it. How to achieve self-esteem and become more confident?

To find primary sources

Basically self esteem is rooted in childhood. If the person harassed in school, it obviously will provide many reasons for the complexes. Kids are cruel and can complain to their peers even freckles or unusual name. Since a child's psyche is fragile, then a variety of insults, bullying is hard for them to carry out and scar you for life.

Self-esteem also affects a parent's love. Praise for good behavior, success in different fields fills the child's self-confidence and self-esteem. If the baby was often criticized or not giving him enough attention, then the adult he'll keep doubting himself.

Learn to appreciate yourself

To raise the self-esteem you have to start small. To find at least fifteen good qualities, write them in a notebook. Can be hung in front of him and reread every morning. This will motivate to develop good character traits, talents, highlight your external dignity. You should then select various areas of life (relationships, work/education, appearance and so on) and to write for them for no less than seven of their positive qualities. The repetition of these lists every day or at least once a week to convince his own importance.

Adoption or correction of

All have their drawbacks. And once a person has low self-esteem, it means something to him don't like about yourself. In this case you need to make a list of their shortcomings (unlimited number) and analyze it. Divide the paragraphs into correct and incorrigible. To think that you can do with the first category. If this is the problem with overweight, then set a goal to eat right, and join the gym. If it is poor performance at work, to improve their skills or correct all defects. Perhaps we should think about changing activities. Those disadvantages, which you can't fix to take.

Abstract

Many fear the judgment of other people, trying not to stand out from the crowd and life there are gray mouse, instead of self-realization. Of course, confidence is not adds. It is understood that people have plenty of their own worries and they don't pay attention to the strangely dressed passerby or after a few minutes he will fly them out of my head. Don't be afraid to live for yourself, trying new things, make mistakes, move on. Life is only one and constantly thinking [write an essay for me fast](#) about the opinions of others, a person will never get to enjoy it. After all there will always be something not to make, complexes because of the conviction not the way.

Ask the family

Of course, an important support. In order to understand their strengths and weaknesses, you can ask the opinion of someone close to them. If he truly appreciates his friend, then answer honestly. Other people perceive a person better than he thinks he is.

Maybe after listening to those whom he trusts, people will discover positive qualities, which were not even aware.

Having a sincere desire to improve their skills and become more confident this can be easily achieved.