

Learning self-trust to boost self-confidence

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Trust is the foundation of any relationship, especially with yourself. Start the new year right by rebuilding it. Boost your self-confidence, improve decision-making skills, reduce stress levels and have more control of your circumstances to achieve resolutions.



“There is no one more important to trust than yourself,” stated Erica Cirino, science writer, author, artist and researcher, whose stories explore the intersections and connection of humans and nature. “It is one of the most helpful things you can do for you in your life,” she added.

Cirino, who is also the communications manager of the Plastic Pollution Coalition, explained that one can lose this trust after a mistake, or when faced with harsh or constant judgment from other people.

“It can feel more difficult to make decisions when you cannot trust yourself because you fear you will make the wrong choice. Or you might be more prone to criticizing your own decisions after you make them,” she explained.

The author of “Thicker than Water: The Quest for Solutions to the Plastic Crisis” stressed, however, that with some effort, one can still build it up over time.

“This can make life feel a little easier and much more enjoyable,” she assured.

Echoing Cirino, the Benilde Well-Being Center of the De La Salle-College of Saint Benilde shares her reminders posted on the digital wellness platform Healthline, which were medically reviewed by Dr. Timothy Legg, a licensed psychologist and board-certified geriatric and psychiatric mental health nurse practitioner.

Here are the tips:

1. Be yourself. When you start to feel insecure around others, remind yourself that it is okay to be yourself. Practice around the people you feel most comfortable with. These may be your friends and family.
2. Be kind to yourself. Love yourself unconditionally. Get rid of negative thoughts and self-criticism. Keep a close eye on your inner voice. Track how it reacts to your actions.
3. Spend time with yourself. Allow for one-on-one time with yourself. Look inward. Meditate in a quiet place for five to 15 minutes each day. Pay close attention to your breathing and listen to your body. As any thoughts or self-criticisms arise, acknowledge them. Then, let go.

4. Set reasonable goals.

Plot several small and more realistic goals. These will put you in the right direction toward your big aspiration. It will help you gain confidence as you complete accomplishments along the way. 5. Focus on your strengths.

Accept both your strengths and weaknesses. Spend more time doing the things that you are good at. If you are not sure, ask those closest to you. Build your trust knowing you will excel.

6. Be decisive. Stop questioning your decisions and actions. Stick with your choices. If it turns out not to be the best, do not beat yourself up over it. You can learn from your mistakes. Believe that you will do better next time. Move on. Have faith in yourself and your decision-making skills.