

INSECURITY OR CONFIDENCE?

by

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Confidence in one's self is an attractive character trait. It is a trait that sets us apart from the Insecure bunch and carries us through times that we initially thought we would never get through. Confidence assures our minds that we are able and capable to complete tasks and situations that are of great difficulty, and allows us to choose how we are going to handle the next obstacle. Confidence shows in us once we enter a room, once we speak to one another, and in our display of body language. When you are faking your Confidence.....others take notice!

Insecure people mirror the images that are presented before them and they often confuse their Insecure behavior with that of Confidence. Insecurities floats to the surface in people when they feel threatened by others, afraid, and incompetent. They can't make decisions for themselves; instead, they attempt to duplicate the lives of those who they "claim to not like." Insecure people tend to bully those around them and wish that they could be half of what others are. If you find yourself never having anything good to say about someone that has never done anything to you.....you are Insecure. You secretly want what they have. You may secretly even want to be that person. If you find that you only want to be in the company of those who are less intelligent than you are.....you are Insecure. If you are in a relationship and you're always belittling your better half because they are doing okay for themselves and you're not doing so well at the moment.....you are Insecure.

We are not born with Confidence, it is obtained from life's experiences. For every obstacle we endure, and trial & tribulation we encounter, it builds.....Character. That Character develops into a Strong Armor which shields us from the stones thrown at us from others in the form of Negative Words, Negative Treatment, and Defamation. When Insecure people plan their attack, Confident people counter that attack, by not meriting their behavior with the same negative response.

Most Insecure people are content with their lives, but for those of you who want to escape from your own prison of negativity, there is hope for you. You must find out who you really are and what you strive to be. If you interact with people who you "really admire" and they have accomplished a goal similar to the goal that you've set for yourself; instead of speaking negatively about these people, why not pick their brains and ask for assistance on reaching your own goal. Insecure people really are "admirers" of those they wish to become. They camouflage their true feelings with hatred and negative behavior.

Confident people command attention without uttering one word. Upon entering any room, their presence is strong and they are self-assured and know exactly what they want out of life, and where they wish for life to take them. Confident people do not require the approval of others to feel important or validated. This assurance within them already exists. They don't need the love of a spouse to feel whole, they already feel whole because of the love that presently resides within them. Confident people are competent and capable of all that life throws at them. There is no need for them to surround themselves with less than intelligent people to feel powerful. Instead, Confident people feel powerful because of their thirst for knowledge, and they surround themselves with the company of such people who possess a world of knowledge, life-experiences, and overwhelmingly intelligence. Confident people are life-long learners and they know that "Knowledge is the Real Power and True Key to unlocking and maintaining that Confidence."

So for those of you who are Insecure and continuing to get in your own way, move and allow the presence of a Confident person to enter your life. You never know where it might lead you!

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About The Author - Image Consultant/Fashion Stylist

Monica M. Burns is a Writer, Expert Author, and Image Consultant/Fashion Stylist. She is President and Founder of Fabulous Life Image Consulting. She is also Founding Editor and President of Monica M. Burns Inc. Publications and Fabulous Life Image Online Magazine. She is an Expert in her field with over ten (10) years of experience. She has authored several eBooklets and other reading information materials and is a featured Expert Author and Writer on many websites and in many In-Print and Online Magazines. She has also contributed to several poetic anthologies and won awards for her work.

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