

**15 TIPS FOR DEVELOPING
CONFIDENCE IN YOUR
SUPPORT SYSTEM
CHECKLIST**

Having confidence in your support system means you have trust in a group of people in your life to be there for you when you need their help. Whether you have physical needs, emotional needs, or other types of needs, your support system will be there to help support you through your challenges.

✓ **Take stock of the people who are closest to you in your life**

- Consider the people who are closest to you. What makes those relationships feel closest or most special to you? Taking time to ponder those qualities that make those relationships feel like your closest ones is an important way to understand them best.
- When you know what makes a relationship special for you, it's easier to build your confidence in your support system.

✓ **Give yourself permission to cut out or change any toxic relationships you've been keeping in your life**

- If you recognize that a person is a toxic presence in your life, especially if they're a part of your innermost support system, cutting them loose is your best tactic. While this can be painful, it's better to protect your confidence in your support system rather than allowing someone toxic to have any say as a person you turn to for support and encouragement. If they aren't providing that for you, then they are not the right fit for that role in your life.

✓ **Get yourself involved in groups or classes of people who have similar interests as you**

- A great way to build your support system is to surround yourself with other people who understand your goals and interests.
- As you meet more people who relate to your own goals and interests, you'll build more confidence in your personal support system.

✓ **Make an effort to get to know more of your neighbors, coworkers, and other folks you see on a regular basis**

- Take time to build better relationships with these people. Actually getting to know them is a great way to build your confidence in your support system. You may not develop super close, extra strong relationships with these folks, but getting to know them better does create a stronger layer of support if you ever needed them (or if they needed you!).

✓ **Join professional organizations related to your career field**

- Research professional organizations related to your career field and see what is required to join them.
- Often, these types of organizations seek to link people closer together. When you begin building these professional relationships with others, you build a different area of your support system – these are people who understand your work struggles and can offer insight and advice from someone who knows exactly what you’re experiencing.

✓ **Keep in touch with the people who matter most to you**

- As busy adults, you may find that you don’t always have time to spend with your friends and family as much as you’d like. Over time, this can damage your confidence in your support system.
- Foster those precious connections by staying in touch with the people inside that innermost circle. Send them letters, emails, and greeting cards when you have a chance. Call them to catch up on a regular basis.

✓ **When someone offers to help you, accept it**

- Learning how to accept help from others when they offer it helps build your confidence in your support system.
- When you feel yourself embracing the kindness of others (and seeing the positive influence it has in your life), it becomes easier to feel confident in how your support system can help you.

✓ **Respect your needs as well as the needs of others**

- All people have limits. While respecting your needs is important, it's also important to support the needs of the others you have in your support system.
- To maintain these relationships, make sure you're respecting their needs.

✓ **Use the power of the internet to find extra support**

- The internet is a valuable tool for boosting confidence in your support system. The age of social media and connectivity makes it easier than ever to find other people who can relate to you on a variety of levels.

✓ **Get involved in team sports or group exercise classes**

- Joining team sports leagues or group exercise classes is an excellent way to build confidence in your support system. Not only will you be able to meet new people and form relationships with them, but you'll also improve your physical health through exercise as well.
- Getting regular exercise helps boost your endorphins as well; the more you exercise and spend time with others, the better you'll feel overall and the higher your confidence will soar.

✓ **Make yourself available for the folks who consider you a part of their support systems as well**

- Having your support system available is important. However, being supportive is a two way street. While you depend on your support system for help, those folks are also depending on you, too. Make yourself available to the people in your support system for when they need help.

✓ **Consider some non-human possibilities when you're seeking new members for your support system**

- Pets make fantastic companions. If you think a cat, dog, or other common pet can't make a valuable member of your support system team, think again – science has

proven that the bond between an owner and their animal friend can be incredibly strong and valuable for both parties in this special kind of relationship.

- While your pet can't have a full conversation with you, they can help bolster your confidence by being a special part of your support system that offers company, affection, and unconditional love.

✓ **Tell the people you value how much they mean to you often**

- The people in your support system are special – make sure they know you feel this way! Doing so will ensure that you can retain a lot of confidence in them as your support system.
- Also, as a part of their support system, you are reinforcing your love, affection, and support for them as well. Regular communication is key, and when you're communicating how much they mean to you, that appreciation is made very clear.

✓ **Make an emergency plan for when your support system might fail**

- Sometimes a support system can fail when you need it most. This isn't a bad thing – the people you love and trust also have their own individual lives and may not be available for conversation when you need it most.
- When you're feeling particularly needy for your support system and they aren't available to help you, consider having some emergency backup options in your pocket.

✓ **Consider adding a professional to your support system**

- Therapy and counseling are fantastic to have in your support system. A mental health professional such as a therapist or counselor can give you valuable insight into your mental health and well-being that your good friends and family members can't – because they aren't directly involved in your everyday life, they can give you a purely objective point of view when you tell them about your life.
- A life coach can help you stay on track in all areas of your life. Whether you need support to stay motivated, help in developing and achieving goals or simply have a guide in your personal development journey a life coach can be a tremendous tool for making you feel very confident in your support system.