LESSON 2 WORKBOOK Build Confidence In Your Support System

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What It Means To Have Confidence In Your Support System

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.

When you feel confident in your personal support system, you trust that they'll be there ready to help you when you need it most. You never doubt their presence in your life and know that they'll be ready to help when you reach out to them.

Similarly, because of your confidence in them, they also feel a similar confidence in you as a part of their support systems — the relationship is often mutual, especially when your support system is made up of good friends and/or family members.

Exercise: Developing Confidence In Your Support System

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

Taking time to ponder those qualities that make those relationships feel like your closest ones is an important way to understand them best.

Consider the people who are closest to you. What makes those relationships feel closest or most special to you?

When you know what makes a relationship special for you, it's easier to build your confidence in your support system.

For the people you described above how confident are you in their ability to support you, comfort you and generally be the rocks in your life?		

Do you feel your support system is adequate to get you through anything you face in life?

You are only as strong as your support system, having 100% confidence in that system greatly helps you excel in life and face whatever issues you may have with confidence.

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If not, what is missing and how can you fix this issue?

What people in your life are toxic?

Toxic relationships are a confidence sucker. If you allow a toxic relationship to continue as-is in your life, it becomes incredibly difficult to maintain any self confidence in your support system. A toxic person has no home in your innermost group of trusted people.

ve yourself permission in writing to cut out toxic rela	tionships

Get involved in groups or classes of people who have similar interests as you, make a list of possibilities here		

Make an effort to get to know more of your neighbors, coworkers, and other people casual acquaintances, make a plan here 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!).	
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Join professional organizations related to your career field, make a list of those here		

Keep in touch with the people who matter most to you. Make a plan on how you can do more of that here

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Do you respect your needs as well as the needs of others? Explain.

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. Sometimes, you may need help, but the people in your support system aren't able to help you right then or in the way you need. To maintain these relationships, make sure you're respecting their needs. While you may also need something from them, damaging the relationship by pushing their boundaries won't solve your problem.

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Use the power of the internet to find extra support. Do some research and write it down here.

On the internet, you can find groups of people who understand your work struggles, your medical conditions, your hobbies, and your personality quirks. Being able to instantly connect and speak with a group of people who "get" the things you experience makes it simple to build confidence in your support system by growing it even further.

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Get involved in team sports or group exercise classes. Do some research and write it down here.

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.				
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Make yourself available for the folks who consider you a part of their support systems as well. Make a plan here.

Make yourself available to the people in your support system for when they need help. Keeping your communication open and clear about when you need help and when you can provide it is important for keeping your self-confidence high in your support system.				

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.

Tell the people you value how much they mean to you often. Make a plan on how you will do that here.

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.				

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Make an emergency plan for when your support system might fail.

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. There are a wide variety of hotlines available to folks experiencing all sorts of mental health issues, ranging from suicidal thoughts to depression and beyond.

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Consider adding a professional to 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.

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