

# STYLELIFE ACADEMY

## What is Confidence?

---

### What is confidence?

Recently, while on a spiritual retreat, I began to realize something....

Generally, I don't like the term "Confidence" because it is so generic, I prefer self comfort.

But let's take a look at confidence/comfort.

There are 2 manifestations of confidence:

#### 1) Confidence that validates self/invalidates others:

The confidence achieved by building ourselves up...we build our egos and fill our communications with all sorts of ways to convey that we're confident. This type of confidence often manifests as at the expense of others. What I mean is this: Have you ever been in a group where you think the alpha guy is confident but you feel his confidence because you feel lesser or dominated by him? Maybe he dominates the group and makes others feel not as good, invalidated, or inferior. Maybe he even coyly makes others feel good as a way of expressing his dominance. This is the guy who carries himself like he is the shit and the world should respond to him the way he wants.

This works for sure, however there is a pitfall: It is an illusion and it is dependent on others being invalidated and/or validating him for it to exist. So, it is characterized by fragility

#### 2) Confidence that validates others by being self-grounded:

This is the confidence that manifests as we let ourselves go. By lessening our egos and letting go of the obstacles to true power that stand in our way, our innate confidence and self comfort begins to manifest. This path is more difficult than the former, but it is also unflappable because it is our own. Maybe this can best be described as "I greet you with respect for the person you are while being centered in myself." This is the guy who makes other people feel good but doesn't try to do such. He treads lightly and demands nothing. This is the guy who doesn't draw validation from others or invalidate others. It is usually characterized by humility, a genuine curiosity for life, and an attitude of gratitude. Others feel comfortable around this person.

Because this is self-centered and grounded, it is not an illusion and doesn't rely on others to exist. It is independent because there is nothing to be attained or lost so it simply exists. This is the confidence of the warrior...doing what must be done in a joyful way, serving vision/others, and demanding nothing.

### True confidence is made up of several factors, I believe:

- 1) A belief in myself.
- 2) A humility that allows us to accept and respect others and constantly seek to improve ourselves
- 3) Demanding/expecting nothing from others.
- 4) Absence of fear of gain or loss.

# STYLELIFE ACADEMY

## What is Confidence?

---

There is a book that describes the path to this sort of confidence very well: Craft of the Warrior, by Robert Spencer

The first manifestation of confidence is achieved by taking on. The second by letting go.

The first happens as we take from the world. The second as we give to ourselves and others.

As we fill our days with so many things, I often ask myself "How is this taking me towards more of who I want to be?"