

SELF CONFIDENCE and SELF ESTEEM



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE
HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

What can Mindscape Therapies offer?

Mindscape offers a holistic service of hypnotherapy and other therapies, which support physical and emotional health and well being, as well to help you achieve your personal goals.

What's the difference between self confidence and self esteem?

Self confidence is how we feel about our skills, talents and abilities. Self esteem is how we feel about ourselves as people. That's why we can know we are good at something, but not feel that we are good or worthy. It's possible – and not uncommon – to have self confidence, but less self esteem. If we have good self esteem, we usually have a certain amount of self confidence too!

This explains the gap between 'knowing' and 'feeling' that people often have. I often hear, 'I know I'm not a bad person, but I don't feel worthy.'

If we're good at something, this is usually fed back to us by our environment. We do well in an exam, people comment that we're great at something, we get a promotion. We can still ignore this, but the evidence is more concrete, and thus it's easier to have self confidence, at least in some areas.

However, if we have low self esteem, the environment (or at least our experience of it) isn't always so positive. Due to low self esteem, the world can appear a less friendly, easy place to be. For example, we may subconsciously attract people who reinforce a belief that we'll never find true love as we don't really deserve it. We also tend to pick up on things which reinforce our negative view of our own self worth, and ignore the positives. This is actually a survival mechanism - perceived threats, from a tiger up a tree, to an anxiety provoking social situation, are reacted to far more quickly and given precedence by the brain. These reactions come from and are stored in the subconscious mind, the more instinctual part of the brain.

Therefore, negative self beliefs can be deeply rooted and ingrained, especially if we had anxiety provoking, invalidating or threatening experiences when young, when we're more dependent on others and can't rationalise things as well. They can 'feel' true, and we may believe them, but we don't have to endure them continuing to influence us negatively.

Why would I have held on to such unhelpful beliefs?

One reason why we might continue to hold these beliefs, is because if something is judged by us to be our fault, it gives us a sense of being able to influence things, and stop them happening again (even if our feelings and reactions don't reduce the

likelihood, and perhaps make our life more difficult, or become a self fulfilling prophecy). The belief served a purpose at one time, in some way.

For example, if a child is being physically abused, she or he may believe it is their fault – often because they're told so – but believing it is their fault gives them a 'sense' of being able to change the situation; 'If I'm good enough, they won't hit me.' In psychological terms, this gives them a sense of control, rather than being totally helpless, in an unpredictable, unsafe environment.

Low self esteem can adversely affect our behaviour - if we believe deep down we're unlovable, it may give us a feeling of control in relationships to leave the other person before they leave us, or to create situations which push them away, thus reinforcing our beliefs. When someone has low self esteem, it may give them a sense of validation to have their beliefs confirmed rather than challenged.

So how can hypnotherapy help?

Hypnotherapy is effective as it works with the emotional, instinctual part of the brain. By bringing about a state of deep relaxation, the conscious, rational part of the mind winds down, leaving the subconscious more at the forefront. We can then better understand the factors which cause you to have low self esteem or confidence; identify negative core beliefs about yourself, such as fears that you may be unlovable, unworthy or vulnerable, and replace these with healthier and more positive beliefs. Understanding and processing past events and their contribution to your current feelings, or ways of coping, enables you to move on.

Of course, if you just want to feel more at ease with new people, perform to your best in any area of life, or to feel calm and positive about a specific event or public speaking, it can be highly effective too!

Can EMDR help too?

Where traumatic events at any time in the past have contributed to you feeling this way, EMDR can help you identify any negative core beliefs (which usually relate to control, safety, or worthiness), to process events, and again, install more positive and healthy self beliefs. It's a safe and effective therapy, and particularly helpful for issues which stem from traumatic experiences of any kind.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues**, specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, AHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

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