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Peer Group Chat

Date: 3/08/23

Title: Calling on Confidence

Description: Confidence can be hard to call on sometimes, but being able to harness it can be a great enabler in our everyday lives. Join us to talk about how to call on our confidence, how to navigate when we feel like we are lacking confidence, and tips on how to build confidence within ourselves and others.

Amber22 (PSW)	Welcome! @Guest123 and @Keppy:) We will be getting started shortly
Jupiter	Welcome 😊
Guest123	Thanks :)
Jupiter	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. I am joining from Wurundjeri country tonight.
Jupiter	Welcome everyone to today's Peer Group Chat talking about Calling On Confidence
Amber22 (PSW)	Welcome! @Captain24 :)

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Jupiter	<p>Tonight, Peer Support Workers @Jupiter and @amber22 will be facilitating a discussion around the topic of Calling On Confidence. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, confidence can be an important component. of living life. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about challenges with and lack of confidence. @tyme who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @tyme. We're looking forward to creating a space where we can reflect and learn more together about Calling On Confidence</p>
Amber22 (PSW)	Hey! @Shaz51@Blackbird 11:)
Shaz51	@Jupiter
Jupiter	Hey @Shaz51
Shaz51	Hello @Amber22 (PSW)
Shaz51	Really @Jupiter, where have you been
Jupiter	Still around Shaz51!
Blackbird 11	Hello everyone:)

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Jupiter	<p>Within this group tonight we'll be talking about:</p> <ul style="list-style-type: none">- What confidence may look like for each of us individually and the benefits of confidence.- Situations where confidence is limited or lacking.- Cultivating and rebuilding confidence.
Jupiter	<p>Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @Jupiter!</p>
Jupiter	<p>Alrighty, let's get into it! Q1: What does confidence mean for you?</p>
Jupiter	<p>For me it means feeling secure in who I am, and accepting myself.</p>
Captain24	<p>Having belief and trust in yourself.</p>
Amber22 (PSW)	<p>Confidence to me means feeling like I can fully be myself, and that I am accepted where I am and accepted within myself too.</p>
Amber22 (PSW)	<p>Welcome! @Snowie</p>
Blackbird 11	<p>Confidence is having a belief that I am enough as I am.</p>
Shaz51	<p>I agree @Amber22 (PSW), @Jupiter, I feel that as a community guide most of the time</p>

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Snowie	@Blackbird 11totally agree
Amber22 (PSW)	Aw you're such a great community guide @Shaz51
Amber22 (PSW)	Hey! Jazzywazzy
Guest123	I'm sorry I actually have to hop off now. But I am sure this will be a great chat. I look forward to reading the transcript :) Enjoy, everyone.
Jupiter	Bye for now :)
Amber22 (PSW)	That's for coming along! @Guest123:)
Jupiter	Q2: Is there a problem with being confident? Why or why not?
Shaz51	Being over confident @Jupiteris a problem
Jupiter	Can you unpack that a bit Shaz51?
Captain24	I don't think there is a problem with being confident but being over confident isn't always good
Amber22 (PSW)	I'm not sure, I think that sometimes being very confident can sometimes come off a bit wrong to others in certain situations, but that would have more to do with them than you and your confidence!

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Shaz51	Being over confident leaves no room for mistakes or for growth and learning more
Blackbird 11	I think a lot of people do the fake it till you make it act. Confidence is good for motivation and growth.
Jupiter	Interesting. So confidence is good to an extent, but being over confident might not be such a good thing.
Keppy	@Shaz51 I really like that point, like believing your are good enough is important but believing you are perfect can be unhelpful
Snowie	I think you can be over confident. You risk making poor decisions, just like being under confident
Amber22 (PSW)	Welcome! @7cough9:)
7cough9	Evening fellow avatars.
Captain24	Yes @Snowie I agree with that
Shaz51	True @Keppy, there should be always room for improvement or change
Shaz51	Very true @Snowie, being under confident can have affect too

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Jupiter	That leads us nicely into our next question. Q3: What are some of the limitations you may experience with feeling confident?
7cough9	Q1 I was taught that confidence equals courage, decisive willingness to take action and live with the results. Q2. Confidence in a fixed set of ideas or behaviours is excessive if you are ignoring opportunities to learn and improve on seeing the results of your past or present direction.
jayzy058	Mmm
Amber22 (PSW)	Welcome! @jayzy058
Snowie	Q3, Not sure
Captain24	I don't know.
Jupiter	Sometimes I get a bit caught up in wondering what other people think of me
Shaz51	Not knowing how far to go @Jupiter, @Amber22 (PSW)
Amber22 (PSW)	Hmm ... maybe being worried that others might judge you, or that others won't agree with what you have to say
Shaz51	Very true @Amber22 (PSW)

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Amber22 (PSW)	Also if you've experienced situations in the past where you have felt confident and others have made you feel otherwise, you could be worried that it might happen again
7cough9	Q3 My habitual scepticism and ambivalence hobble my confidence. I am always aware that we are ultimately limited, ignorant creatures who are led or limited by our biases and single perspective. Surely someone would know better than me what to do?
Blackbird 11	Great contribution everyone. I will sign off as I'm a little exhausted. Looking forward to reading the transcript. Hope to come along next week
Jupiter	Interesting insight @7cough9!
Jupiter	Goodnight @Blackbird 11
Amber22 (PSW)	Thanks for coming tonight, see you next time! @Blackbird 11:) Have a nice night
Jupiter	Q4: What do you do when you're lacking confidence?
Captain24	Hide, avoid social situations, avoid most of life.
Snowie	I agree @Captain24 I avoid everything and myself included
Jupiter	I hide away from other people

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Shaz51	I want to hide too
Captain24	Never join in on anything. Don't see any good in yourself
Shaz51	Did I just see @tyme (PSW/ Moderator)
Amber22 (PSW)	I don't do much when I lack confidence, just stick to myself most of the time and what I know!
Jupiter	I stay within my comfort zone
7cough9	Q4 I go around in circles of research and overthinking trying to somehow find all the options come up with a best-possible plan. All to the point of putting off actually doing anything like leaving my home , spending money or taking any risks.
Snowie	I hide away from the world. I think down on myself and think I'm not good enough
Jupiter	It seems like we are all quite familiar with what it feels like to be in that space of low confidence. I wonder... Q6: How might you go about rebuilding confidence that has been knocked back?
Captain24	I don't know if I ever can. I have never really known what it is like to be confident
Amber22 (PSW)	Welcome! @sammy3

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Shaz51	Something similar have taken little steps to get my confidence back but Something I can not have the confidence to do again
Snowie	I think you need to believe in yourself firstly. You need to recognise the things that destroyed your confidence in the first place. It would probably help too having your goals written down and remember that you are worth it.
Snowie	Things easily said but really hard to do.
Jupiter	It can be so hard @Snowie
7cough9	Q6 I was taught that the key to confidence is to reframe feared setbacks or failures as something less catastrophic - as lessons to learn from.
Shaz51	Sorry , have to go to the hospital @Amber22 (PSW), @Jupiter
Amber22 (PSW)	Backing yourself with what you truly believe in, and knowing that even though someone might not agree with it (which is probably inevitable) that you're the only person that matters!
Amber22 (PSW)	I hope everything is okay! @Shaz51Sending you hugs
Jupiter	Hope all is okay @Shaz51
sammy3	Hey all. Read the chat. W1) how I feel about a task 2) don't think so 3) not sure ! Except feel strong in othe ways ..

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Shaz51	Thankyou @Amber22 (PSW), @Jupiter, mum has influenza in hospital and is a bit worried and unsettled
sammy3	4) self sabotage , avoid or be anxious
7cough9	In practice I find that I benefit from imagining situations where I am setting the rules, so thst what others might call a failure counts as a win in mind If my neighbour is unwilling to communicate reasonably, then just getting them to swear at me counts as treating me as more than an object, and thus a point in my favour.
sammy3	Q6) remind myself of positive things that went well
Jupiter	Q7: How might you be able to cultivate confidence when needed in your recovery?
Amber22 (PSW)	Surrounding myself with people that help me boost my confidence when needed helps me!
Captain24	Learn to trust who you are. Try and find some self worth
sammy3	Having a trustworthy voice does help
Jupiter	Writing down 1 thing I have done well or am proud of each day
Snowie	setting small goals that you can achieve
sammy3	I think I prefer a simpler approach of removing responsibility where it comes from expert thing s. Sort of bring on my own side

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sammy3	Being *
Snowie	recognise things you are good at, build positive relationships with others, cut negative people out of your life, being kind to yourself, start being assertive
Jupiter	So many good ideas coming through!
Jupiter	Q8: Reflect on a time in the past when you have felt confident about something. How did it feel?
Snowie	I used to be confident within myself. I could be assertive. It felt good, like I was in charge of my life and what I wanted out of it.
sammy3	I remember I'd be confident about life so I didn't need to think about social confidence as it flowed as a result
Jupiter	At times when I've been really confident in myself it feels so empowering
Amber22 (PSW)	I have felt really free when I have felt confident in the past :)
7cough9	Q8 I rocked up to the address of a female acquaintance unannounced and started talking up my baking skills, I almost got her to let me start a fun dessert making session in her kitchen. It was absurdly presumptuous, and she gently eased me out, but that was better than my usual timidity around women

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Jupiter	Q9: How can we support others to feel confident?
Snowie	By letting them know they are worth it, that we see the potential in them even if they don't see it in themselves. Tell them about their own strengths
Captain24	Let them know they are valued. Hear them and support them. Encourage them
Jupiter	A lot of the time I think nice things about someone else but I need to remind myself to actually tell them this and compliment them. This can go such a long way in boosting someone's confidence or making them feel appreciated! ☺
7cough9	Q9 help them find small challenges that take them a little past their comfort zone. A social activity where they might meet strangers; a domestic maintenance or repair task they could have a go at and maybe learn from.
Amber22 (PSW)	Making a safe space for them to express themselves, and to also encourage them when you can see they are needing a confidence boost
Jupiter	Before we start to wrap up this evening., we wanted to share some further resources we recommend having a look at: 1 How to build self-confidence: https://www.mindtools.com/ap5omwt/how-to-build-self-confidence 2 Why self-efficacy matters: https://www.youtube.com/watch?app=desktop&v=agwsjYg9hJ8 3 How to build your confidence and spark it in others: https://www.youtube.com/watch?v=b5ZESpOAoIU

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Jupiter	Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Snowie	It's been helpful that others have similar views about confidence as I do, and how hard it is at times to have it.
Captain24	That I need to try and find my confidence. That I should try treat myself the way I would help others in finding confidence. Also I like the finding one positive and one proud moment each day. I actually have 2 proud moments this week. So that was nice to acknowledge
Jupiter	Oh that's awesome to acknowledge @Captain24
Jupiter	Tonight's topic may have brought up some heavy feelings as we talked about challenges with and lack of confidence. Would some self-care be helpful for you after we finish? If so, what might you do?
Jupiter	I'm going to have a nice warm shower to wind down tonight
Amber22 (PSW)	i'm having a tea :)
Captain24	I think I might actually go and have a shower.

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Snowie	Have a shower, write in my journal and try and get some sleep.
7cough9	Hot tea sounds good
Jupiter	Mmm what kind of tea @7cough9?
7cough9	Earl Grey
Jupiter	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</p> <p>https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Calling-On-Confidence-Thursday-3rd-August-2023-7/m-p/1321756#M341275</p> <p>Keep an eye out for the next Peer Group Chat discussion about Setting Boundaries & Expectations. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</p> <p>https://www.sane.org/peer-support/peer-group-chat</p> <p>You can also ask questions for us to discuss in future peer chats!</p>
Captain24	Thank you
Snowie	Thanks for the topic tonight

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Amber22 (PSW)	Thanks for joining! :) Have a lovely night tonight everyone
Jupiter	Goodnight everyone!
tyme (PSW/ Moderator)	Take care everyone!