

"My confidence hasn't gotten to where I want it to be, Christine. I still feel like I lack a bit sometimes." *Client, Malaysia, 2020*

"To help you **get to where you want to be**, I need to understand where that is." *Christine*

- *In what specific situations and circumstances do you lack confidence?*
  - *With whom are you communicating? / What is the relationship?*
  - *What cultural or religious beliefs influence your speaking confidence?*

- *What happens just before the feeling of reduced confidence hits?*
  - *In your brain? / In your stomach? / To your legs? / To your energy?*

- *What do you tell yourself when you feel your confidence going down?*
- *What life experiences might you have had which influence your 'self-talk'?*
- *What impact do these thoughts have? / Are they true?*

- *What is the truth? / How can you 'change the script' of your self-talk to boost your confidence – what words can you think?*

- *How will you **think, behave, and feel** when your confidence is "where you want it to be?"*

Please watch my "[Managing Panic – Change the Script](#)" video for tips on managing your mind.