



Life-Enhancing Hypnosis:

Empowering people to achieve optimum mental, physical and emotional well-being.

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**CONFIDENCE**

“I am the greatest! I said that even before I knew I was’ – **Muhammad Ali**. ‘Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end up being incapable of doing it. On the contrary, if I had the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning’ – **Mahatma Gandhi**. ‘Believe you can and you’re halfway there’ – **Theodore Roosevelt**. ‘A dame that knows the ropes isn’t likely to get tied up’ – **Mae West**. ‘My mother said to me: If you become a soldier, you’ll be a general. If you become a monk, you’ll be the pope. Instead, I became a painter and wound up as Picasso’ – **Pablo Picasso**. ‘Go confidently in the direction of your dreams. Live the life you’ve imagined’ – **Henry David Thoreau**. ‘If you think you can do a thing, or think you can’t do a thing, you’re right’ – **Henry Ford**. ‘Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers, you cannot be successful or happy’ – **Norman Vincent Peale**. ‘It’s the fire in my eyes and the flash in my teeth, the swing in my waist and the joy in my feet. I am a woman, phenomenally!’ – **Maya Angelou**. ‘The greater danger for most of us is not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark’ – **Michaelangelo**. ‘When they say the sky’s the limit to me, that’s really true’ – **Michael Jackson**. ‘Live life as though nobody is watching and express yourself as though everyone is listening’ – **Nelson Mandela**.” [1]

The above statements, suggestions and advice, some expressed softly, others emphatically, represent individuals being comfortable, competent and confident inside. And how we are inside is what we express on the outside. The habits, feelings, behaviors and attitudes that reside in the subconscious mind influence what we do and how we do it in the conscious mind (awake) state. If you didn’t get all the messages the first time, read the above quotes again, slowly and thoughtfully. It’s virtually impossible to read them without feeling bolstered, uplifted, encouraged or supported. The question remains: how do we acquire such feelings? How is it that “optimists want speedboats and pessimists want life preservers”? [2]

Picasso was, perhaps, the most expressive when he mentioned his mother being so expansive with her predictions. But similar feelings were expressed by the others. None of the people just

became that way. They had to have had someone (s) encouraging them along their journey to self-confidence and success.

Let's imagine the ideal family, where both parents are nurturing and nourishing, loving, playful, supportive, setting limits and positively reinforcing. They encourage, compliment and project positivity. They role-model independence, determination, motivation and success. They empower their children to become the best they possibly can – in appropriate, satisfying ways. There may be grandparents and/or aunts and uncles who espouse similar traits and characteristics. Older siblings who have already benefited from the positive family atmosphere might reinforce it with younger ones. Confident children express those positive energies to people in their lives and both attract and are attracted to others who appreciate and share those qualities. It's like a snowball rolling downhill. The more it gains momentum, the bigger and better it gets!

Now, imagine the opposite type of family. One or both parents may be emotionally handicapped and unable to express love or give compliments. They may represent their own upbringing by being emotionally, physically or sexually abusive. They might be negative or critical and yell, threaten, or lash out. (I saw an expression many years ago that said: "Being constantly criticized is like being pecked to death by a duck.") Extended family members and older siblings might demonstrate similar behaviors. And what is it like for youngsters on the receiving end of that? (You are fortunate if you haven't experienced any of those feelings – and might even find them incomprehensible.) Constant lack of reinforcement of basic needs, exacerbated by emotional, physical, and/or sexual degradation and cruelty devastates youngsters and erodes their self-confidence. They may get positive reinforcement and satisfaction from friends and their parents, neighbors, teachers, coaches, employers, music, sports, hobbies or jobs. But the damage is often done at early ages. Many experts believe behavioral habits take hold by the ages of 6 – 7, and possibly several years earlier, and continue to influence individuals for the rest of their lives. We tend to unconsciously repeat early patterns, behaviors and habits later on. As that happens, it's like the snowball never has a chance to gain momentum; it just melts under the constant gloom and doom.

Low self-esteem regularly seems to be an underlying theme within people desiring to improve their lives. Probably just about everyone could benefit from more confidence, some much more than others. **THE GOOD NEWS IS: EVERYONE HAS THE POTENTIAL TO INCREASE THEIR CONFIDENCE AND IMPROVE THEMSELVES AND THEIR LIVES THROUGH HYPNOSIS!** By discovering the roots of their problem or issue and disconnecting them in their subconscious mind, they can replace them with positive perceptions of how they want to be. The reinforcement of that new program enables it to replace the original problem/issue and become the new, positive habit in the inner mind. Its influence enables the person to achieve optimum physical, mental and emotional well-being.

[1] [www.goodreads.com/quotes/tag/confidence](http://www.goodreads.com/quotes/tag/confidence)

[2] [www.greentea.com/saladahistory.aspx](http://www.greentea.com/saladahistory.aspx)

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**Remember:** *Hypnosis can be done in the office, by phone, and via Skype.*