

AUDIOTHERAPY TAPE SERIES

**CONTAINING INDIVIDUAL EXERCISE WORKSHEETS
FOR THE FOLLOWING PROGRAM:**

**HOW TO DEVELOP SELF-CONFIDENCE
AND
A POSITIVE SELF-IMAGE
*PERMANENTLY AND FOREVER***

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To The Listener:

This audiotape program: *HOW TO DEVELOP SELF-CONFIDENCE AND A POSITIVE SELF-IMAGE PERMANENTLY AND FOREVER* talks directly to you and tells you just about everything you need to know about self-confidence, self-image, self-esteem, *and how to acquire it immediately.*

I urge you to listen to the program several times and to do the exercises (all of which are also here in print for your convenience) in order for the program to provide you the maximum impact in your daily life. The exercises are designed to tailor the information specifically to your own unique situation. The extent you do them is the degree to which the benefits of this program will increasingly become automatic, permanent and numerous. They have been proven to be an extremely effective way to reinforce the insights and gains that this program provides. Some people prefer to listen to the tape for the first time without attempting any of the exercises. Others find it most helpful to have a pen and paper handy during the first listening and jump right in there. Once you begin to listen, it will become clear which way is best for you.

Our complete brochure containing information about some of our other programs is enclosed for your convenience. To place an order or obtain more information, call us toll free at 1-800-434-8255. We value your feedback, and would like to hear how this program may have impacted you. So please feel free to call or write us with any comments you may have about the program, or if we can be of any further help to you.

There are probably many fine psychotherapists right in your area should your condition warrant professional treatment. In addition, be aware that MEDIA PSYCHOLOGY ASSOCIATES offers telephone consultations by appointment to listeners who feel they can use more help or a referral to other resources in their area. Phone sessions are done by licensed psychologists by appointment, and are available with a Visa or Mastercard. Appointments can be arranged by calling our office at (215) 545-7000 (or 1-800-434-8255 outside of the Philadelphia area).

Good luck and best wishes,

A handwritten signature in black ink that reads "Michael Broder". The signature is written in a cursive, flowing style.

Michael S. Broder, Ph.D.

HOW TO DEVELOP SELF-CONFIDENCE AND A POSITIVE SELF-IMAGE PERMANENTLY AND FOREVER

EXERCISE #1: LIST ONE (SELF-DEFEATING OR SELF-CONFIDENCE DESTROYING BELIEFS AND ATTITUDES)

Think about some of the ways you *undermine* your own self-image, and how it costs you that precious self-confidence that you know could help you in virtually every aspect of your life. What are some of the things that you do that you are aware of that sabotage the way you think about yourself? What are some attitudes of your own that you can identify with, which cost you in that crucial area of self-confidence? Begin a list of self-defeating beliefs and attitudes that affect the way you think about yourself. Include all of the ways in which you *put yourself down*. As you become aware of more items that belong on this list, add to it. As you work on other items and they *no longer* belong on the list, you can take them away.

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EXERCISE #2: LIST TWO (DISLIKES OR THINGS ABOUT MYSELF I DON'T FEEL GOOD ABOUT)

Make a list of things you *do not* like about yourself. What you put on this list can refer to virtually any category or area of your life.

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EXERCISE #3: LIST THREE (THINGS ABOUT MYSELF THAT MAKE ME FEEL PROUD OR THINGS ABOUT MYSELF I FEEL GOOD ABOUT)

This third list is of things about yourself *you* are *proud of*. It can include any part of your life that you feel good about or successful at, or which you know you do well. Include whatever you would be happy to tell people if you had the opportunity to be an unabashed braggart and everyone you bragged to were cheering you on.

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EXERCISE #4: LIST FOUR (THINGS I EXCEL AT)

This fourth list will be about areas in your life that make you feel *especially* proud. Include anything in which you have excelled or have done better than others around you. This list can include big and/or small things in any area of your life – not necessarily in just your job or career. For example, it could also include exceptional abilities in your skills as a parent, or anything else about yourself that makes you stand out. You might also find it fitting to remove some things from List Three that clearly belong in this *higher* category.

Now take a look at Lists One, Two, Three, and Four *together*. Notice that there is virtually no one word or phrase that can accurately describe or evaluate all the aspects of who you are. Use the four lists that you have made not only as a frame of reference, but in order to see a balanced, rather than one-sided, picture of yourself.

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EXERCISE #5: PERFECTIONISTIC DEMANDS

Make a list of all your *perfectionistic demands*. These are your self-defeating beliefs and attitudes that can cause you to negate whatever you accomplish, and to put yourself down for practically anything that does not meet what may be impossible-to-reach goals and self-standards. Then go through each item on your list and think about how you would advise a close friend or someone you cared about to challenge or dispute or in any case to look at those self-imposed demands *differently*. Consider the "advice" for your close friend to be your own new affirmations (or positive attitudes) that can help you during times when you feel the type of self-imposed pressure coming upon you that results from those perfectionistic demands that you have identified. Next, make a list of those affirmations designed to counteract your perfectionistic demands, and refer to it as needed.

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EXERCISE #6: NEEDS AND DISAPPOINTMENTS

Make a list of the things that you tell yourself that you *absolutely need* in order to have the self-acceptance you are now seeking. Include all of those items that you tell yourself would make you "totally happy," *if only you had them*. Make another list that identifies some of the specific things you may have achieved, only to find that the happiness they were supposed to deliver didn't quite live up to your expectations. These *disappointments* can be used as a frame of reference to challenge your thinking whenever you tell yourself that there is something you *must have* in order to be able to accept yourself.

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EXERCISE #7: WISH LIST

Make a list of times or incidents in your life when *not* getting what you thought you wanted turned out in the long run to be actually a blessing in disguise, *or*, when getting what you told yourself you needed turned out to be the *worst* possible situation. Identify and write down as many items that may fit into one of these categories as you can. Next, think about and then make a list of anything that could possibly fit into one of these categories in your life currently. Call this your *WISH LIST*. Now, look at each item on your *WISH LIST* in order to see if you can truly explain to yourself how realizing your wishes would actually make you a person any more worthy of self-acceptance than you are now. As you do this, come up with additional positive statements or affirmations that can be added to your affirmations list in order to help you have the same level of self-acceptance and self-confidence whether or not you actually do realize any or all of your wishes.

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EXERCISE #8: ELEGANT SOLUTION

An elegant solution is achieved when you can think well of yourself *regardless of the external* factors in your life. Make your list of solutions (numerous examples of which are given on the audio cassette program). You may find it even more helpful to put your elegant solutions on 3x5 cards (along with your other affirmations) and to refer to them often, but especially at those times when you catch yourself in the process of negating, berating, or putting yourself down.

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EXERCISE #9: CHANGE VS. ACCEPTANCE

Look over Lists One through Four. Add to and subtract from them as you see fit. Confront each of those things that you don't like about yourself and each of those areas in your life where you need improvement. Look at every item you have listed as a separate problem or challenge calling for an individual solution. Then for *each*, ask yourself these questions:

- Is there *something* here that I truly want to change? That is, am I operating under my *own* set of values and standards? Or, am I being less than true to myself by telling myself I *should* want to change something I really don't want to change?
- Is it more desirable and/or realistic simply to *accept* something I don't like rather than try to change it?
- Do I know the difference between what *can* be changed versus what can only be accepted in order to bring the issue in question to the best possible solution?
- If this were the *only* thing in my life that needed change or acceptance, would I handle it differently?
- Who can help me to bring about the changes I've chosen in areas that need to be improved, and how can I go about getting the help I need *outside* of my own internal resources?

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EXERCISE #10: SUCCESS STORIES

Using as a frame of reference your Lists Three and Four (the things that you are most proud of and at which you excel) make another list of one paragraph *success stories* – things that you would like to be remembered for many years from now. Put these success stories on 3x5 cards in order to keep them handy as *positive perspectives*, particularly during those times when you can use a boost.

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EXERCISE #12: SELF-CONFIDENCE VISUALIZATION

Ask yourself this question: What would I do *differently* in my life if I had an unlimited amount of self-confidence? Then make a list of every possible answer to that question. Look at each item on your list in the frame of mind that indeed *allows* you to pretend that you have all the self-confidence you could ever want. Imagine yourself clearing with ease each hurdle you have identified. To *visualize* this, close your eyes and imagine yourself succeeding in the most unmistakable way that you possibly could. With each hurdle you undertake, imagine that you have unlimited and unshakable self-confidence. In your vision, be clear about what it is you would do and then how you would do it. Next, ask yourself the most important question of all: *What is truly standing in my way of doing what I would like to do?* If self-confidence is what you recognize as being necessary in order to reach your goal, remember, that is an *inside job*.

Once you are able to visualize what you *would* do if you had the self- confidence, the next step is to push yourself hard to *act as if* you do have it. That is how self-confidence can be yours forever.

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EXERCISE #13: SELF-TALK

Imagine you are helping a cherished friend or family member to acquire the self-confidence *they* need in order to do something important to them, which they perceive as a risk. What would you tell *them* in order to cheer them on? You may want to write out your thoughts about this as an additional affirmation (or affirmations). Look at these new affirmations, and use them to give *yourself* that same pep talk. This is called *self-talk*. Just as it is the negative self-talk that tells you, "I can't do it," it is the *positive self-talk that tells you that you can*. You have the capacity to use this positive self-talk, if you can remember that capacity is there, and draw upon it whenever you need it.

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EXERCISE #14: IDEAL SELF VISUALIZATION

Close your eyes and imagine in your mind a screen. It can be any type of screen. It can be a white screen (like a movie screen) or it can be simply the darkness you see when you close your eyes. Project yourself onto your screen – the you that you would really like to see. Imagine that all of the areas of your life that you have within your power to change you have been able to change. Imagine that you totally accept your appearance exactly the way it is; and that you have the look on your face and the body language of a person who has all the self-confidence he or she could possibly want. In short, let the image of yourself on your screen be the image of you having achieved all of the things you tell yourself you *would* have achieved if you had the level of self-acceptance you desire. Stay with that image for as long as you would like, and allow yourself to feel the feelings of having truly arrived. Make sure that the image on your screen is the self-image you really want. Look at this great self-image as thoroughly as possible. Be aware of all its characteristics, and of what you need to do in order to make that self-image you have designed and chosen a permanent staple in your life. When you are ready, open your eyes.

Finally, take some notes about what you may have experienced and visualized. Remember this state of mind is yours to have whenever you are willing to take the time to experience it.

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EXERCISE #15: IMAGERY (TO ADD TO YOUR AFFIRMATIONS)

Close your eyes. Imagine other people whom you admire and respect telling you exactly what it is that you want to hear or need to hear at a given moment. These can be actual people in your life, past or present, or people whom you know only by reputation. But, in any case, people you thoroughly respect. Add "their" comments to your list of affirmations.

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EXERCISE #16: ADDITIONAL AFFIRMATIONS

Write down even more positive self-sentences or affirmations, and add them to your list. Include those that may have come to you while doing the visualization in Exercise 14 (your ideal self-image). And, once again, use those affirmations anytime you catch yourself in the process of selling yourself short.

Remember, you are your most reliable source of support, and you are as worthy of happiness and self-respect as any other human on earth.
