

My name is Tyler and I've been fortunate enough to play baseball all the way to the professional level. My consistency as a hitter was my strength and got me moved up to varsity as a freshman. One season I started out pretty good and then suddenly I couldn't get a hit. For three games I was hopeless. Then I started to wonder why, and wonder turned to worry, and worry turned to doubt. Two weeks without a hit transformed doubt into real fear. I began to think, "I can't hit anymore." Can you guess what happened next? Yep, another week of ground outs and strike outs. During this little crisis, my self-confidence took a serious hit. But here's what I learned. Whether it's sports, music, or in the classroom, doubt and fear are the true enemies of self-confidence, not the slumps we're in or the actual mistakes we make. Doubt and fear come from the lies we believe about ourselves when things are not going well. I started to believe a lie about myself, "I can't hit anymore." Once I started to believe that lie, my performance began cooperating with that thought. We get a lot of messages about ourselves every day. We can't control the messages coming from others, but we can control the messages we create about ourselves.

I tried using statements like "I'm so awesome" or "I'm the best", but it was just so phony. Confidence is built on beliefs, so affirmations must be believable! I realized I needed positive self-talk to send positive pictures to my brain, but it had to be truthful...like, "I'm a hard worker", "I'm good at over-coming problems", "I have excellent bat speed." Negative phrases like, "I can't keep up" "I can't hit a curve ball", "I'm so uncoordinated" and "I stink" will sabotage your success because the sub-conscious mind believes whatever it hears!

The encouraging messages we say to ourselves open the door to overcoming self-doubt. The more fearless you become, the better you will perform. By the way, I broke out of my hitting problems by refocusing on all the qualities that made me a good hitter in the first place. Remember, what you believe with feeling becomes your reality!

LEARNING OBJECTIVE:

Student will learn how to regain confidence when it is threatened by circumstances.

INSTRUCTIONS:

Distribute the handout to students after viewing the video.

DISCUSSION:

Fear and doubt produce lies that cause us to lose self-confidence. They steal our attention away from other truths we know about ourselves. That's why it's important to identify our personal strengths and stay focused on them, especially when circumstances seem threatening. We are not the mistakes we make!

Invite students to complete both sides of page two. Encourage them to recognize that fear and doubt are the real enemies, and that all their true strengths come from the positive items written on the right-hand side of the page. As a symbolic gesture, have them fold the page in half vertically and vow to only read from the right-hand side from this day forward. They may even want to use a black magic marker to cross out everything on the left-hand side as if to say, "My lies no longer exist."

Recover Self-Confidence Worksheet

Complete both sides of this page. Read only the right-hand side of the page every day.

1

What lies have you told your brain when you've lost self-confidence?

I've heard myself say...

Answer to Share

2

What positive things can you tell yourself to regain self-confidence?

I'm the kind of person that...

Private Answer