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Foreword

Self doubt can be synonymous to paralysis. It can immobilize and disable you or prevent you from making strides in your life. Think of the moments you felt enthusiastic about your goals, but the momentum begins to slow down as the time for taking the first step approaches. You can hear the voice inside you saying, are you sure you can do it? What will happen if you mess up? As the days went by, your doubts decrease your ability to get the tasks at hand done. You'll feel pressured, stumped, and it seems that all eyes are on you. Extreme self doubt is the main ingredient for losing your courage. This book outlines the behaviors that kill your self esteem. This book also shows you the right approach to build your self-confidence.

Courage Crusher

What You Need To Know About The Behaviors That
Kill Your Self Esteem

Chapter 1:

Self Esteem Basics

Synopsis

Self esteem refers to the opinion you have for your own self. If you feel you're competent and kind, good looking, or capable of doing things, this is a sign that you have high self esteem.

But, if you have negative opinions about yourself and feel that you cannot do your task like others do or do not look good, you have low self esteem. Sometimes, low self esteem becomes the cause of anxiety and depression.

Therefore, self esteem refers to how you think about your own self, how worthy you think you are and how much importance you give to yourself. It's not about bragging yourself, but knowing that you can do best, even if you're not perfect.

Importance of Self Esteem

It's unfortunate that only few people know the important role that self esteem plays in their lives. The success that you have in your career depends on the efforts that you invest in it. Also, the amount of efforts that you invest depends on the level of trust that you have in yourself for successfully achieving your goals. Simply, if you do not believe in yourself that you will succeed, you never will. Besides, it's next to impossible to get better business opportunities or career promotion if you lack self-esteem.

Low self esteem is often the main reason for disappointments in relationships. People with poor self worth often experience difficulty in getting along with their partners as well as affects their sex life. People with negative image about their selves often feel distrust, jealousy and problems with intimacy. Some indications of poor self esteem include the following:

- Feeling of extreme jealousy
- Loss of decision making abilities
- Feeling of not being respected and cherished by their loved ones
- Developing a sense of dependence on others even on simple things
- Always feel pressured while doing tasks
- Display of excessive anger over simple misunderstandings

- Too much worry
- Frustration
- Feeling helpless
- Poor performance at school or workplace

It's extremely difficult to experience the joy of life if you have negative thoughts about yourself. If you always feel negative and have low self esteem, you'll never realize your success potentials and you'll never feel happy in life. Even if things around you are perfect, you'll never have the chance to enjoy them if you always have negative idea about your own self.

How Self Esteem Can Change the Life of a Person

A person with high self esteem sees everything in a positive view and always feels confident and enjoys life. Even if hardships and difficulties come in his way, he sees it challenges and never backs down. If you have high self esteem, you'll still feel confident say what you want and feel.

You will not allow other people to treat you in the wrong way or take advantage on you. All people experience ups and downs at some point of their life and it is absolutely right. However, this doesn't mean that you should back down and have low self esteem. If you always have

the feeling of not worthy for something, you'll never have the courage to try new things and succeed in life.

If you feel that you have low self esteem, you do not need to worry too much as there are ways on how you can get rid of it and build self confidence. Jot down the things that you feel good about yourself, the things that you have done, and the compliments that others have given to you and this will make you feel good about yourself. If you're an office person, stick notes to your computer or desk "I'm doing well" or "I can do it".

These messages will be absorbed by your mind. Everyone is gifted with the power to do great things. Everyone is worthy and see to it that you keep these things in mind. Soon, you'll feel confident and happy.

Chapter 2:

Do You Complain?

Synopsis

Did you know that complaining on things can severely damage your productivity, health, and life in general? People who complain on almost everything on a consistent basis are disposed to poor health, have shorter and less satisfying romantic relationships, and tend not to do well at school and at workplace.



Why Do People Complain?

Most people are not aware how often they complain as it becomes a habit. Like all habits, complaining becomes so familiar and it tends to be invisible. Also, most people find that complaining is a good conversation starter. It is easy to find a common ground for complaining. On top of all, people complain because they seek validation for their beliefs.

You may think that by complaining, you're observing your surroundings. However, complaining is not making an observation or a creative act. Complaining reinforces your negative thoughts. The more you complain, the more you attract the negative thoughts on the thing that you're complaining about. Experts claim that when you complain, you're creating a map from where you perceive the reality. Doing this makes you dwell on negative thoughts and support that things that you don't like. Complaining also hinders you from doing actions. It can give reasons to delay things and keep you from achieving your goals. In fact, complaining is much easier to do than finding a solution to the problem.

People also complain to avoid responsibility. For an instance, you arrive at work or at school late and your excuse is that the line at the pharmacy was way too long or the traffic was terrible, or the wait for the gas station took forever. Sure, these things happen, but you could have avoided these things if you have been more prepared or left earlier at home.

People who often complain are at high risk of being trapped in a negative reality, which gives them more reasons to complain about. People who are constant complainers have endless reasons for their circumstances. They often say “I never really had real breaks”, “I always have bad luck”, or “Life is totally unfair”. People who always complain feel that their circumstances are unfortunate and beyond their control. However, this is not true. Their mindset on things needs an update as they have created their reality agreeing to their negative thoughts.

Although complaining is a negative attitude, it doesn't make you a bad person. It just puts you in a situation where you cannot live an exceptional lifestyle. It's simple a denial for accepting responsibility, something to blame for excusing yourself as being responsible for things that happen in your life.

How to Break the Habit of Complaining

Complaining is one of the best ingredients to losing your self-esteem and courage. It takes away your confidence on doing things.

Fortunately, there are ways on how you can stop the habit and manage your way of thinking.

- **Be Aware** – The first step to breaking the habit is being aware when you complain on your circumstances. Commit yourself to observing yourself for the next twenty-four hours and when you realize you're complaining about something to someone, stop it. Start recognizing your thoughts and interact with it like a mere observer.

- **Taking Responsibility** – Taking responsibility is another step to breaking the habit. Taking responsibility doesn't mean that you're going to beat up yourself or you feel guilty about the thing you are complaining about. It simply means that you are aware of the negative thoughts on your mind and you want to make it clear that those thoughts are not you. They are only thoughts. When you accept that you create those thoughts, you can actually change them. Find time and ask yourself about your positive intention on complaining to someone about the issue. Your answer can help you do the next step.
- **Focus on Your Goals** – When you find yourself complaining, take time to observe your complaint and think of your positive intention for doing it. What is it that you are trying to achieve for complaining? Be clear on your goals and not on the things that you don't like.

Once you learn these things, you can learn how to replace your negative thoughts with positive alternatives. When the things that you actually want are clear to you, finding solutions becomes easy. You can determine the right actions to take.

Chapter 3:

Do You Have Self Doubt?

Synopsis

Self doubt is one of the primary obstacles to living a fulfilling life. Extreme is an unhealthy food for the soul and it drags down your spirit, prevents you from achieving your goals, and crushes your ambitions. Everyone has the inner voices in their head, telling you that you're not strong enough, you're not good enough, and you're incapable of doing the things that you desire to accomplish. This feeling of incompetence or weakness stems from your childhood and tends to be ingrained in your overall being.

Self doubt leads to serious problems like depression and anxiety. It's no secret that these emotional disorders can turn to physical ailments such as chronic fatigue, high blood pressure, weight gain, and increased mortality to people with heart disease. It's important that you know the destructive power of extreme self doubt. But, it's better if you know how to counteract this negative feeling, so you can enjoy a fulfilling life.

The Impostor Syndrome

The Impostor Syndrome stems from extreme self doubt during childhood. It is the inability of the person to claim and accept success regardless of the level he has achieved. A person feels hard to accept even the hard won achievement as he/she feels an irrational fear that the success might be fraud or they do not deserve it. The outward signs of success are seen as good timing and good luck. A person with Impostor Syndrome feels that he/she has been deceptive and has made others think that he/she is more skilled or intelligent.

How to Overcome Self Doubt?

Self-doubt is not a fatal disease. It's simply a negative attitude that you need to correct to allow you to live a fulfilling life. Here are the best tips on how to overcome self doubt.

Live Life in the Present – Feelings of extreme self doubt are often attached to the memories in the past, probably when someone told you that you're not good enough or when you have failed to accomplish something. If you keep on thinking these things, you're only attracting the negative energy that fuels your self-doubt. Do not live in these moments and think of yourself about the present. It doesn't mean that when you fail to achieve something in the past means you can never do it now. Each day is a new start and a chance of doing what you really want for real.

Trust Yourself – Oftentimes, your worst enemy can be your own self. If you keep on thinking that you are not good on something and cannot do the things you actually want, you will not even try it, and

you will be stuck on where you are right now. You need to have a strong faith in yourself. You need to constantly tell yourself that you are also capable of achieving your dreams like the next person to you does.

Counteract Your Negative Thoughts – There are times that the negative voices in your head tend to be stronger over the positive voices. When this happens, try to neglect them, and make planned efforts to concentrate on positive voices. When you have a feeling that the negatives thoughts are coming, remind yourself about your strengths and the traits you like about yourself. Think of all the things that you have achieved in your and this will make you proud of yourself.

Discover the Source of Your Self-Doubt – If you constantly tell yourself that you're not good enough, you should know the cause of the problem. Where does your self-doubt originate? What was the event that made you harbor this feeling? Once you have identified and understood the source of your self-doubt, it can be easier to eliminate the negative thought patterns.

Spend Time with Other People – Your family and friends are your primary source of strength, encouragement, and reassurance. When you have stronger social support, you can get rid of your negative thoughts about yourself. Even strangers can be surprisingly helpful in getting rid of your self-doubt. Simply expressing your doubt to a complete stranger can make you realize how illogical your negativity can be.

Chapter 4:

Do You Lack Bravery

Synopsis

Bravery or courage is a quality of a great person. Simply, it creates greatness. Do you have it? Do you lack bravery? Lack of courage can limit you from doing things and living a fulfilling life. Without courage, you'll suffer more. Your life could have been great if you have bravery.

Have you ever felt that lack of courage is holding you back from reaching your dreams and goals? When you think of reaching your dreams, did you even feel that you don't have what it takes? Bravery is an advanced skill in life to use to overcome the lack of self confidence. But, what kind of courage you actually need?

If you feel that you lack courage, don't assume that your feeling is based on personal inadequacy. There are lots of reasons why courage is an issue in life and many of them relate to conditioning. The society teaches people to have doubts in their selves. All these are part of the conditioning process, designed to make you dependent than being independent.

How to Build Courage

The good thing about lack of bravery is that courage is learnable. The proof this can be found in any instance of overcoming fear. But, courage doesn't mean that you need to ignore fear because that's ignorance. Courage is all about finding the strength to move forward with the presence of fear.

Learning how to be courageous doesn't mean that you're not afraid. Simply, it's learning to do things despite the fear that you feel. Here are some tips on how you can overcome your lack of bravery.

Don't Fight Your Fear

Being courageous means doing things despite the presence of fear. Fear is the body's natural response to the brain's flight response. The brain sends cortisol to the nervous system causing the body to go into the state of hyper-drive. Bravery, fearfulness, or courage is a learned behavior. It is based on your brain chemistry and strengthened by the world that surrounds you.

If you fight fear, it will make them scarier and stronger. If you suppress negative emotion, it will only heighten the negative emotion or fear itself. And the more you avoid them, the more they become stronger. Contrary, exposing yourself to your fears can make you train your brain to be desensitized to them and allow you to face them easier. Do not hesitate as this will only result in excuses that will stop you from facing them. If you are about to ask someone on a date, catch a spider, or jump out an airplane, do it without hesitation. After

you have dealt with your fear, you can reinforce your success by treating yourself or giving yourself a reward. This can be a break from interacting with other people or a physical treat.

Talk to Your Family or Friend about Your Fear

Talking to someone about your fears can help you articulate the source of your fear and realize that they are not as scary as they see. You can pay a licensed therapist a visit if you wish to seek professional advice. If not, there are websites and online forums where you can talk about your fears anonymously.

Be Mindful

Mindfulness means that you must be present in the world, both outer and inner. It can help you train your brain to deal with your fears in more effective ways. Mindfulness can be learned by doing meditation. Meditation can make you aware of both your mental and exterior state. When you feel that you are overwhelmed by fear, simply remember that practices that you learn from meditation and mindfulness can help you afloat with your fear.

Get Out of Your Comfort Zone

The mere thought of stepping out from your comfort zone takes a lot of courage, and doing so can lead to anxiety. But, this is one of the best ways to learn courage. If you keep on doing the same thing every day in a routine, you are in your comfort zone. But, if you do things that you don't normally do can help you cope with the unexpected things and this is the time when lots of fear springs from you.

Chapter 5:

Seeking Permission

Synopsis

Early in your life, you have learned to follow rules and discover that there are circumstances that you must obtain permission to do the things that you want to do. This begins at home when you need your parent's permissions to stay up past midnight, to go out with your friends, and so on. During your school years, the need to permission has changed, but you still need the approval of someone on many occasions. You may need permission to arrive late or participate in extracurricular activities.

Your life has changed again when you reached adulthood. However, you're still surrounded by situations where you need to seek permission or approval for doing things you want. During your university or college studies, you need approval to enroll in your chosen degree to study. At workplace, you still need other people's approval to leave early, arrive late, or to be absent.

Stop Asking for Permission

The permission-seeking processes exist in people's lives through licensing. In such situations, you need to seek for formal approval to undertake activities like getting married, driving your own car, owning a dog, building a garden shed, and so on. The world the surrounds you have made you accustomed to seeking permissions for activities that made it difficult to recognizing the occasions that do not need the approval of others. In fact, there are times when outside consent is not needed. People find ways to give themselves permission to do the things they know right for them.

This can be the case when we use you age to give yourself permission to do things or activities that do not appeal on you. People also use the number of faults in their current workplace to give themselves consent to leave and look for new employment that interests them more. People also use their family obligations or the demands of their work to give themselves permission to turn down invitations for events that they don't care to attend.

It is highly important that you recognize the situations where you don't need the outside approval to do the things that you want or you think right for you. Go ahead and feel free to proceed. It is doing things you want without seeking permission from others that lifts your confidence in yourself and increases your enjoyment of life.

You do not need permission to live the life you dream of when you were still younger. In reality, no one will come in your life and give you approval. The person that can do that is you. You are responsible

over the many things that have had happened in your life. If you complain on your current job, who do you think applied for it? If you want to quit your job, who do you think will decide for it? There are great door of opportunities out there waiting for you, if you only choose to take them. You can blame your family obligations, world loads, and other things in your life from not reaching your goals, but it's actually you that's getting in your way.

You have been taught to submit yourself to living an ordinary life while hiding your true self. But, living this way will not allow you to enjoy life. You only live once, so you need to do what you want and what you think that's right for you. It's time to wake up and live the way you want.

There are two ways which you can live life. You can spend the rest of your life complaining about how the world seems against you, about your job, about how things could have been better if you have spend more time on it, or more money, or about something else that you think you can have spend more time if only someone has given you permission to do what you really want.

Or, you can start taking responsibility for your life and begin to actually start living. What if you quit your job and try something different what if you start your business instead of dealing with your boos that sucks? Everything is up to you. It's your life, so you might need to have fun living it. After all, the only permission that you need is from yourself.

Chapter 6:

Faulting Others

Synopsis

Some people start to blame or to fault everyone around in the event that bad things happen. While faulting others has become a common habit, there is not common reason behind it. There are many different reasons that make a person to blame others. Understanding these reasons can help you deal with people who fault others or break the habit.



What Are the Reasons Behind the Habit of Faulting Others?

- **Loss of Control** – Some people who lose control of the situation panic and try to restore their sense of control over the situation by faulting others. Fear could be behind the act of blaming others.
- **To Control Other People** – Some people who want to control others start by blaming them to make them feel that they have committed bad things. If someone wants you do something on his behalf, he/she might blame you for changing your attitude or behavior. They will label you selfish, snob, or arrogant. This is one the common methods used by your friends to control you suing blame.
- **Refusing to Admit Your Responsibility** – Some people cannot admit mistakes and failures, so they fault others to take responsibility for their actions. Once common example is when you say that you were late to work because of traffic, while you could have avoided the traffic jam if you woke up early.

Unwilling to Accept the Situation – Faulting others is common to people who cannot accept the things that have had happened. If they have learned how to accept events properly, faulting others will never happen.

It's Time to Stop the Habit of Faulting Others

If you have the habit of faulting others, you can stop that habit through these tips.

Look for the Cause of the Problem

When things didn't work out the way they should be, it's easy to be creative and find reasons to blame others. To avoid this thing, you need to learn to relax without thinking why did that thing have happened. Tolerate uncertainty for a moment, as this will give you a wide perspective on the situation at hand.

Blaming others is not an effective solution of getting away from the situation. Relax for a moment to calm your nerves. Tell yourself "This is the situation at hand. Now, could be the best thing that I can to resolve the circumstances." Doing this can actually help you arrive to the solution of the problem without having to blame others.

Keep In Mind that You Can Only Grow if You Know the True Feedback to People about You

Perceiving objectively where you made wrong is the only way you can develop and improve as a person. You will not observe progress in life if you learn to only love yourself unconditionally. You must learn the capacity to respond to the feedback that life has given to you free from any distorting effects, conceit, low self esteem, and arrogance.

There is no shame in admitting your fault and blaming yourself instead of faulting others for the mistakes you made. In fact, it shows

courage. It means that you are brave to face the consequences of your actions made. It can show the real strength of your character.

Learn the Habit of Admitting Your Mistakes Sometimes

What is your reaction when things go wrong? Do you find yourself feeling worked up or angry? Do you feel shocked? Do you immediately blame other people for your mistakes? If you always dish out the fault to others to escape your responsibility, this will not make you a good person. Contrary, you will get used to this bad habit and this habit will be the cause of your sufferings in time.

But, it doesn't mean that you have to be too quick to blaming yourself. Let a moment pass before you admit to your family, your partner, or co-workers about your mistake. They will understand you and respect you for doing it.

Forget Faulting Others and Focus on the Solution

If people feel that you blame them unreasonably and unfairly, they will resent you and time will come that they will hate you. This can result to conflicts between you and your partner, colleagues, or business partner. Tell them that things already happened and you need to focus on how to make things better.

Wrapping Up

What is stopping you from relentlessly pursuing your great dreams? Could it be your circumstances? Are you holding back thinking that as soon as the situation changes, you will seize the opportunities for doing what you really want? If you keep on telling these to yourself, you might need to assess your situation. Could it be possible that there is something else holding you back? Is it fear? Is it lack of power and courage?

Why You Need to Own Power and Courage?

There are lots of fears that can influence you in deceptive and subtle ways. There are plenty of them where you do not even realize their existence. Even if you actually realize your fears, you do not have the immediate courage to break through them and take the necessary actions.

Sometimes, people unconsciously allow fear to stand between themselves and their greatest dreams. Sadly, people lose or abandon their dreams as they have allowed their fears to block their path towards the things that desire to achieve. What's worse is that people rationalize their decisions with logical excuses.

This happens to many people, but it doesn't need to happen to you. Do not allow your fears to stop you from doing the things you think right for you and destroy your greatest dreams. With simple tweaks on how you view things in life, you can learn how to transform your fears to positive energy and use to your advantage.

How to Develop Courage

You can own power and courage by shifting your focus from the things you stand to lose toward the things you stand to gain. Doing this can actually change your perception of your current situation. This simple shift of focus can actually leave you feeling more empowered to take action and courageous.

Many people have the habit of always seeing the negative side of a bad situation. If you think like them, if you focus on seeing how huge the problem was, rather than seeing the potential benefits it can provide, it will stop you from taking actions as all you can see the negative risks involved. If you focus on the potential loss, you will create fear that will further add to your negativity.

If you have this kind of mindset, your wants to move toward your dreams will not give you enough courage to overcome your fear and take the necessary action. As result, you will hold yourself back and end up accomplishing less than what you are capable of.

You can find it helpful to make a list of the feasts that you have and try to overcome them in the open. Simply, put yourself in the situations that you fear. In each situation that leaves you with the feeling fearful or hesitant, evaluate the exact thing that's holding you back. Why are you afraid and what is it that you are afraid of? Are those things likely to occur, or merely a slight chance?

Get another sheet of paper and list down the benefits of overcoming your fear. Try to be as optimistic and as specific as you can. Keep in mind that the fear dread will strengthen your focus on the negative

possibilities and it will make the benefits less important. This means that you need to work harder to emphasize the positive benefits of overcoming your fear.

Looking at the two sheets of paper, you can determine the valid reasons to move forward. Should you decide to hold back a little longer, it's your decision and there nothing wrong as long as you do not allow unrealistic fears to rule your life. If you decide to take action and move forward now, you still need time to work on building your courage before you act. Remember that getting into the situation that you fear about will make you feel more stressed. So, you need to create a plan on how you will execute the thing that you really want to do.

Remember that the core of courage is largely determination. You can only own power and courage if you are determined to conquer your fear with no hesitation or excuses that attempt to block your path toward your greatest dreams.