

How To Improve Self-Confidence?

Carole's Corner

With
Carole Ricks



A.C.S.W., is a marriage and family therapist with a private practice in Charlotte, NC. If you have personal, parent-child, or marriage

problems, write to:
Carole's Corner
P. O. Box 37107
Charlotte, NC 28237

Community Bulletin Board

•All Mecklenburg County Alumni of UNC-Chapel Hill are invited to a picnic on Saturday, May 16, 10 a.m. - 7 p.m., at Ramsey Creek Park on Lake Norman. For land-oriented activities there will be picnicking, nature trails, athletic activities and a children's area. For water-oriented activities, there are boat ramps and a fishing pier. Alumni should bring their own meats. This picnic is sponsored by the Metrolina Black Alumni Association (MUBAA). For additional information, call Reginald McAfee at 846-2141 after 6 p.m.

•There will be a Reunion Dance at Johnson C. Smith University on Saturday, May 16, 9 - 1 p.m. Plan to have fun! fun! fun! at this party to be held in Grimes Lounge on the college campus.

•On Tuesday, May 29, from 3:30 - 5:30 p.m., carriers of / Branch 545 of the National Association of Letter Carriers will sponsor their second annual Road Block for Muscular Dystrophy. Please help "Jerry's Kids" by stopping at one of the Road blocks and giving generously.

•PHD's Unlimited presents "Attitudes" A Timeless Journey In Ebony Hair Expressions...Past, Present and Future on Sunday, May 17, beginning at 7 p.m., at Mr. Pee's, 2953 Freedom Dr. Donations are \$12. Proceeds will benefit the Afro-American Cultural Center. For ticket information, call 537-4864 or 392-0604.

•H.O.W. Queen City Chapter will meet on Wednesday, May 27, 7 p.m., at the YWCA on Park Rd. The program is "Games Night."

•The Mecklenburg Chapter No. 197 of the American Association of Retired Persons will have its regular monthly meeting at 9:30 a.m., Thursday, May 21, in the Fellowship Hall of the Little Church on the Lane, 528, Moravian Ln. Speakers at this meeting will be Carla DuPuy and Mayor Harvey Gantt.

•The Annual Charlotte Doll Show presents their spring activities to benefit handicapped children and Crisis Assistance Ministry on Saturday, May 16, 5 - 7 p.m., at West Charlotte High School, 2219 Senior Dr. Win door prizes. Donations are \$1.

Dear Carole,
During a recent job evaluation, I was told that I lack self-confidence. I have always felt shy. But I never really thought about my confidence.
This job is very important to me. Please tell me something I can do to improve my self-confidence.

Shy One

Dear Shy One,
An improvement in your self-confidence would mean strengthening both your overall self-confidence and your job-related self-confidence. Here are some suggestions for strengthening your self-confidence:

1. Like yourself. Learn to appreciate yourself from the inside to the outside. Your feelings and behavior are important. You can change any characteristics about yourself that you choose. Make yourself likeable.
2. When you learn to like yourself, criticism, from others will hurt less often.
3. Seek people who respect, accept and appreciate you. Avoid those people who may criticize and demean you.
4. Learn whatever skills are required to perform your job well.
5. Learn how to take constructive criticism.
6. Try to be open-minded by listening to others. We cannot see ourselves as others see us. Believe in you.

Carole,

My family and my friends know that I'm a pushover. I just can't say no to them. Usually I will do anything they ask of me. Now you might ask what's the problem?

The problem is that I'm sick of being used. How can I tell that to family and friends without hurting them?

A Pushover

Dear Pushover,
You won't be a pushover much longer. If "being used" now bothers you, you are ready to change. The power of saying "no" can reduce or eliminate how often you feel used. Remember that you are one person. If two or more persons make requests of you, you are out-numbered. It is impossible for one person to take care of everyone else's needs. Be less available by saying, "I cannot help you right now, but I will help you in an hour, or tomorrow," etc.
Do whatever must be done. Also do what you can reasonably do. If you attempt to do more than you can manage, resentment may develop. Saying no sometimes has another advantage. When you say no, others soon learn to stand on their own.

There is no guarantee that you will be loved more by doing everything that everyone wants you to do.

Editor's Note: Carole B. Ricks,

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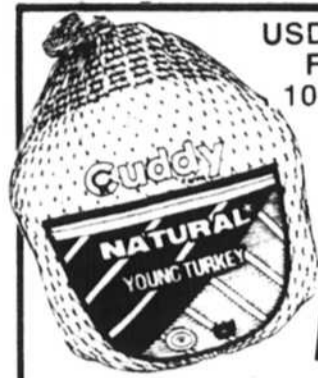


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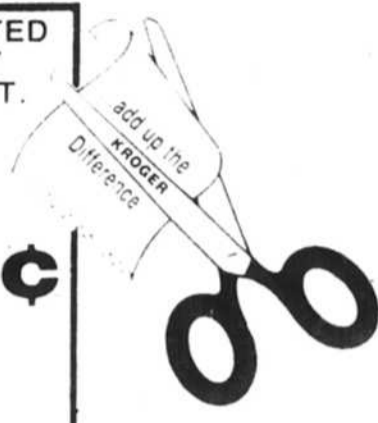


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