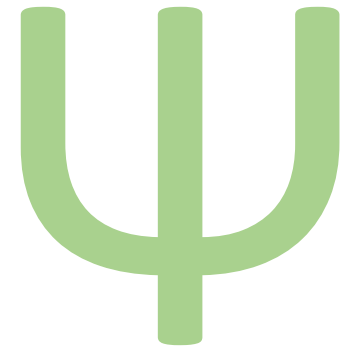


# Social Self-Confidence

An event of the psychological student counseling of the  
HTW Berlin



02-24-2022

M. Sc. Psych. Alison Berger

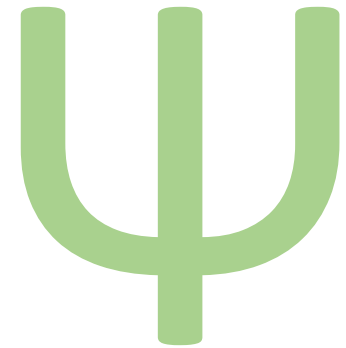
# Who is this event for?

For those who...

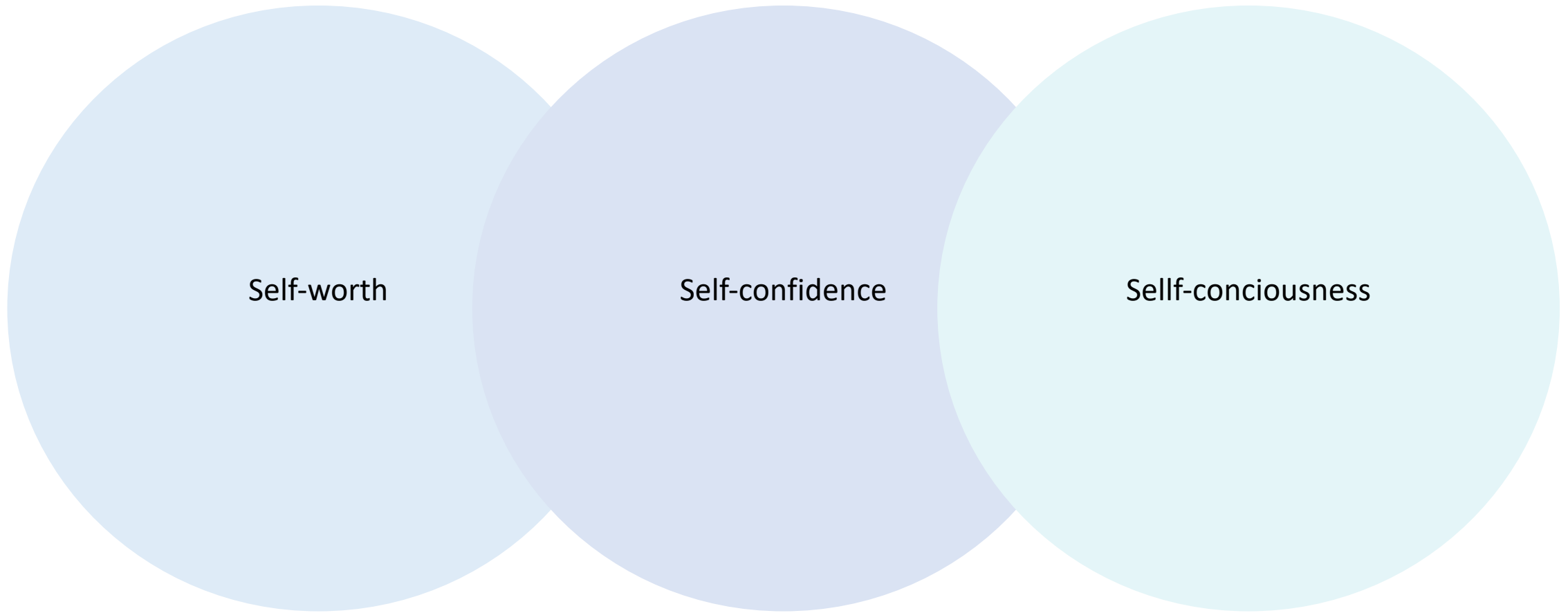
- feel insecure in social encounters
- don't know how to approach people
- feel shy, especially in the wake of the Corona pandemic
- want to assess their behavior in dealing with others.

# Contents of today's event

1. What is self-confidence?
2. Paths to more self-confidence
3. Self-confident behavior
4. Sympathy - Getting in touch
5. Excursus: Self-compassion
6. Further information



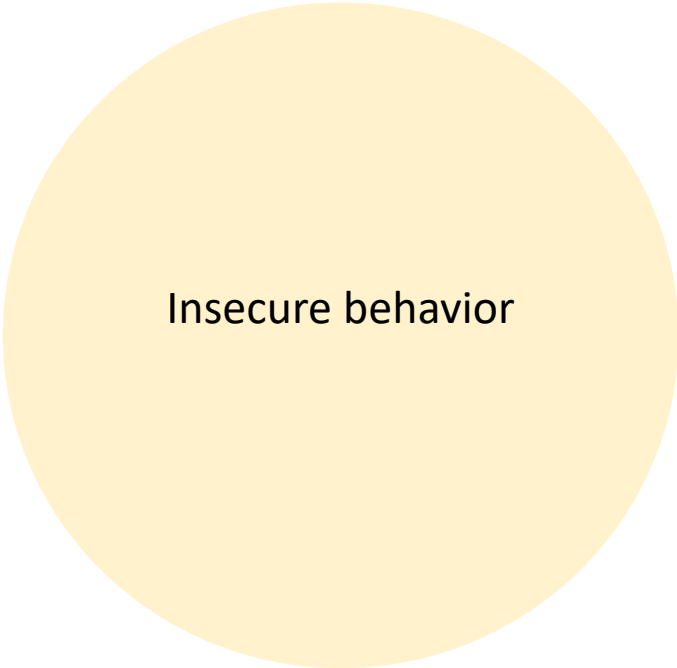
# What is self-confidence?



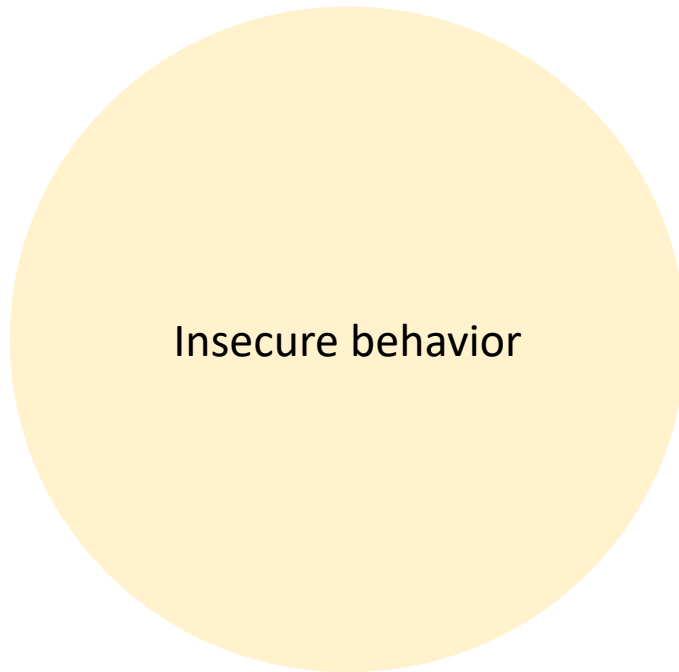
# Paths to more self-confidence

1. Learning by doing – self-confident through self-confident behaviors
2. getting to know yourself - become aware of your abilities, interests, needs
3. Self-compassion – being lenient with yourself

# Self-confident behavior



# Self-confident behavior



## **Voice**

quiet and timid,  
often difficult to understand

## **Verbalization**

unclear, vague and not very concrete

## **Content**

Explanations

Apologies

own needs are not clear

Using „one“ or „you“

Feelings expressed indirectly

## **Gestures and facial expressions**

Gestures are hardly present or cramped

Little eye contact

# Self-confident behavior



## **Voice**

much too loud  
not appropriate to the situation

## **Verbalization**

threatening, insulting  
blaming the counterpart

## **Content**

no explanations and justifications  
Rights of others ignored or violated  
Uncompromising  
„You“ messages  
Feelings are expressed indirectly

## **Gestures and facial expressions**

often gesticulating wildly with threatening gestures  
often no eye contact or fixed staring



# Self-confident behavior



## **Voice**

adequate volume  
clear, distinct voice

## **Verbalization**

clear wording  
it becomes clear what the speaker wants

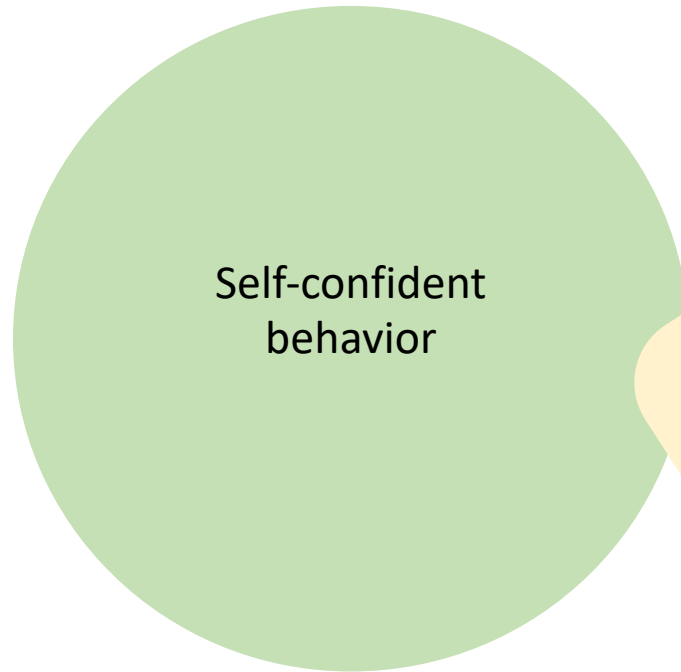
## **Content**

Precisely justified in terms of content  
„I“-Messages  
Feelings are expressed directly  
Needs are expressed directly

## **Gestures and facial expressions**

lively gestures that underline the contents  
Eye contact

# Self-confident behavior



## Voice

adequate volume  
clear, distinct

## Verbalization

contents

in terms of content

are expressed directly

are expressed directly

## Gestures and facial expressions

lively gestures that underline the contents

Eye contact

How do I get there?

# Self-confident behavior

## **Voice**

adequate volume  
clear, distinct voice

## **Verbalization**

clear wording  
clearly what the speaker wants

## **Content**

Precisely justified in terms of content  
„I“-Messages  
Feelings are expressed directly  
Needs are expressed directly

## **Gestures and facial expressions**

lively gestures that underline the contents  
Eye contact

## **Step by step – new behavior can be learned:**

1. Pick out a single aspect of behavior and try it out
  - Which one is the most interesting?
  - Which one would be particularly important to you?
2. Practice
3. Make them a habit, automatize them
4. Make them become a part of you

# Sympathy – getting in touch

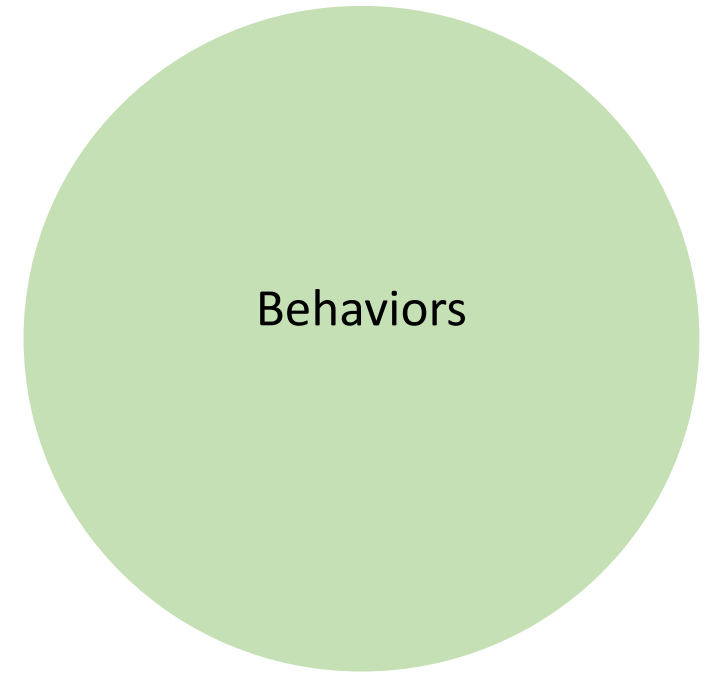
What makes other people likeable to you?

What would you like other people to do when you have a hard time in a social situation?

Feel free to speak or text in the group chat 😊


# Sympathy – getting in touch

- give positive feedback
  - report a positive impression or feeling
- smile
- friendly welcome
- Approachable body language
- turn to you with interest
- listen attentively
- respond mindfully and sensitively to the condition and the topic of the other person
- show solidarity
- laugh at themselves
- Start a conversation

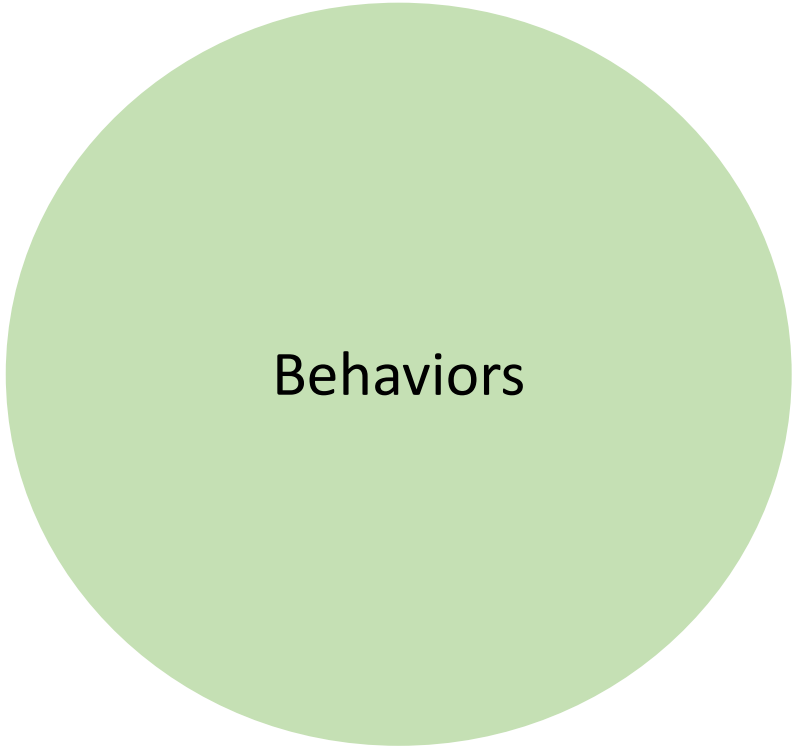


# Sympathy – getting in touch

What do you need to facilitate likeable behaviors in yourself?



Practice



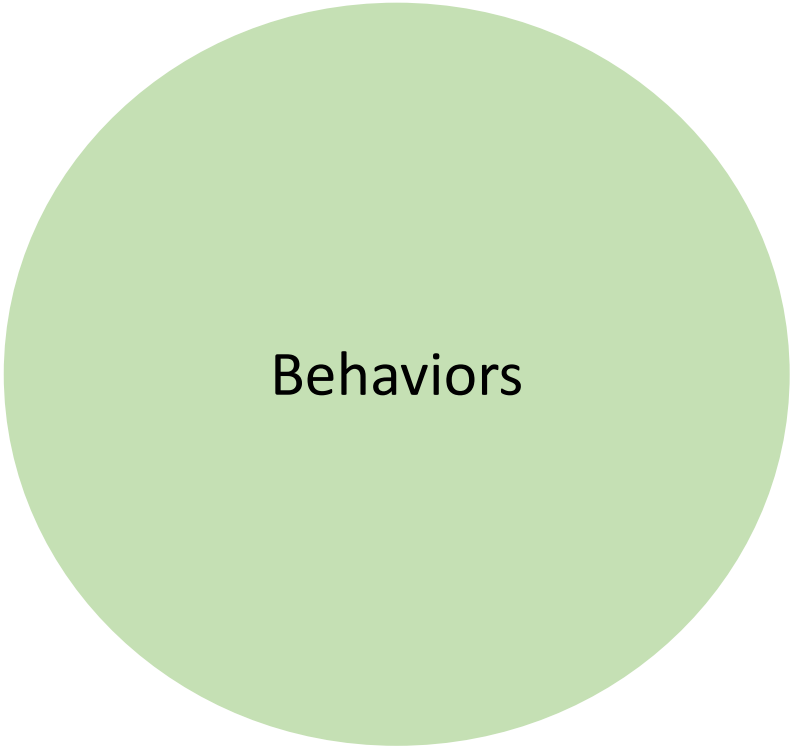
Behaviors

# Sympathy – getting in touch

What do you need to facilitate likeable behaviors in yourself?



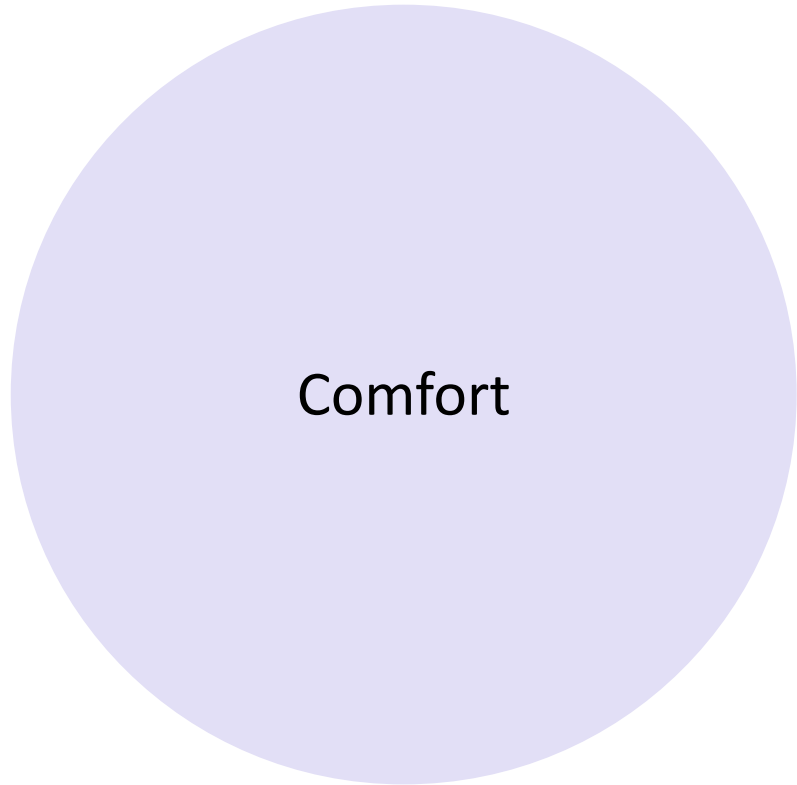
Comfort



Behaviors

# Sympathy – getting in touch

What can help you to feel comfortable in a social encounter?



- Collect your own assets
  - What are characteristic features that make me interesting?
  - What do I have in common with people I like?
  - What have I been congratulated on in the past?
- Self-care before and during the situation
  - Music
  - Clothing
  - Supply

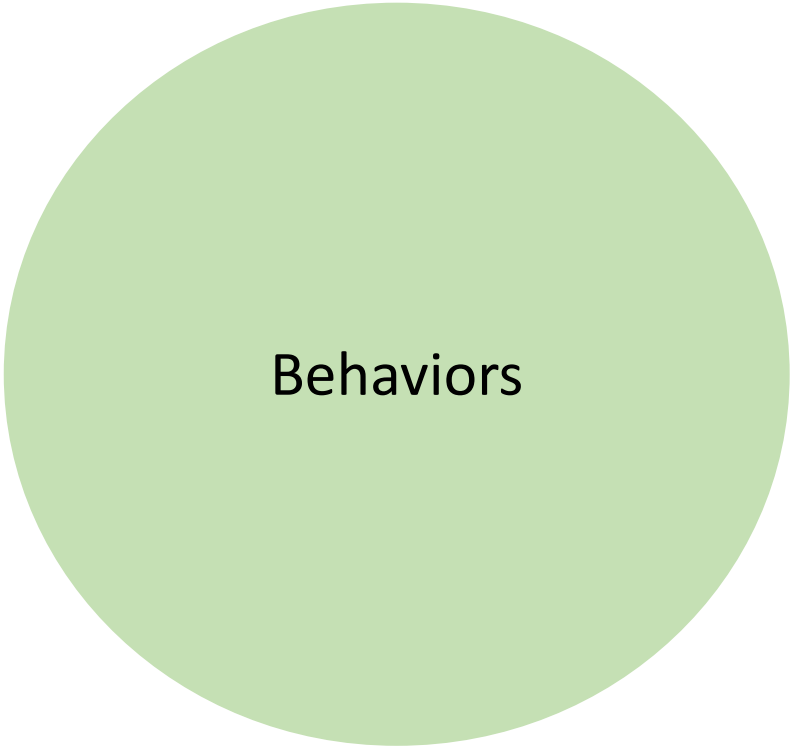


# Sympathy – getting in touch

What do you need to facilitate likeable behaviors in yourself?

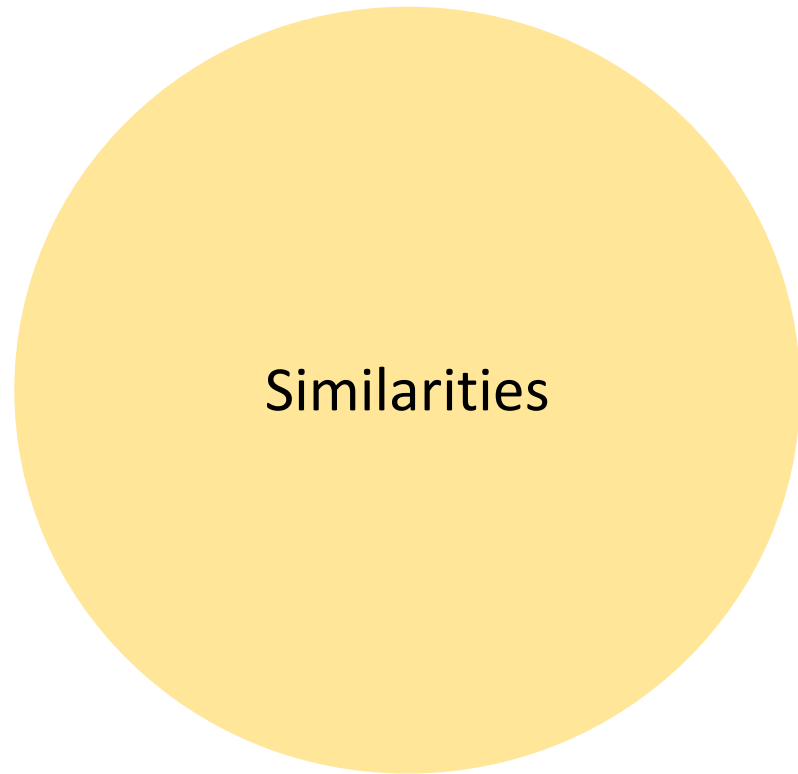


Similarities



Behaviors

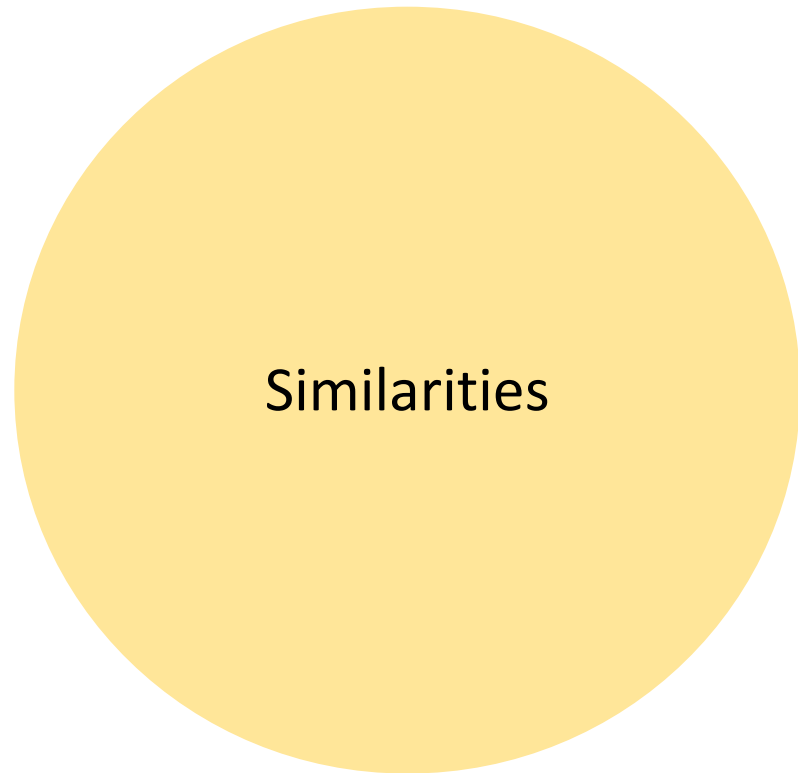
# Sympathy – getting in touch



Find similarities with the other attendees

- What connects the two of you?
  - Reference to the situation
- Ask questions
  - What interests me about my counterpart?
  - What does the person know about an area that interests me?
  - What does the person like?
  - What does the person think...?

# Sympathy – getting in touch



Find similarities with the other attendees

**Don't put your foot in your mouth!**

- Politics
- Religion
- Controversial, in-depth topics

**Do's**

- Daily life
- Positive topics

# Sympathy – getting in touch

Similarities

What could you share with others?

Become aware of

- Your interests
- What activities you spend a lot of time doing
- What you would like to do more
- What you are good at
- What you would like to learn
- What you enjoy

# Excursus: Self-compassion

*"With self-compassion, we give ourselves the same kindness and care we would give to a good friend." - Kristin Neff*

# Excursus: Self-compassion

- Mindfully feel what we need/want at the moment
- Perceiving feelings and body sensations
  - Take your time
  - Do not push away unpleasant sensations
- Explore why this sensation rises
- Understand the sensation
- Be mild towards your own feelings
- Being kind to yourself taking care of your feelings and needs

# Excursus: Self-compassion

Let's try that!

# Further information - examples

- Self-confidence

- *The Self Confidence Workbook: A Guide to Overcoming Self-Doubt and Improving Self-Esteem* by Markway and Ampel (2018)

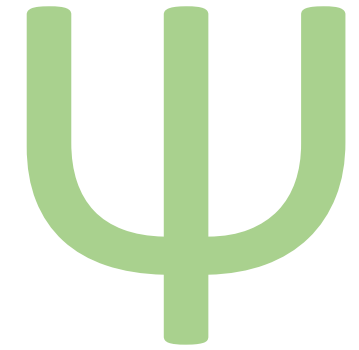
- Get in touch

- *Small Talk: A Shy Introverts Guide to Being More Likeable and Building Better Relationships* by Matt Holden (2019)

- Self-compassion

- *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive* by Kristin Neff and Christopher Germer (2018)





Thank you for your attention!