

Which one is better to increase your confidence?

- 1- Spend sufficient time to practice the presentation a lot before the meeting
- 2- Learn and practice techniques
- 3- Ask somebody who has experience about it

Confidence is one of the integral parts of our success in each aspect of our life such as relationship, study, and work which should be improved day by day. There are many solutions to increase it. I personally believe that we have to apply techniques proved scientifically. In the following paragraphs, I will elaborate on my arguments.

To begin with, some people maintain that mental issues like confidence are personal problems people themselves can cope with through trial and error. Conversely, in my opinion, psychologists' duty is investing-investigating humans' mentality and without doubt, confidence is included in psychological studies have found some solutions to this issue which can be applicable to most of the people. The point is that these studies have suggested various answers among which individuals can choose according to their conditions and personality. To this end, consulting with experts can produce the desired results. To put it simply, since self-confidence involves cognition and emotions, it requires expertise to maintain and raise it.

Besides, I hold that taking advantage of others' experiences can be an efficient way if we consider differences in characters. In other words, our personality and history play a vital role in our confidence. For instance, imagine one has grown up in a family who has always ignored his ability and success, the approach he should adapt-adopt to improve his confidence should be different to the individual who has always been admired, since their mental state diverges from each other. Consequently, we cannot generalize our methods. However, others' techniques cannot definitely be considered ineffective. In fact, we should derive benefit from their suggestions and customize them.

To conclude, I opine that confidence is so decisive a factor in our life, so we should put effort into improving it. I personally believe that at the first step, this-it is parents who should behave towards their children in a way that their self-assurance rises. Besides, due to the prospect of failures in our life, we should use psychological methods alongside other people's advice, thereby retaining our self-confidence.