

BUILDING CONFIDENCE

Instructor: Anisa Diab



“Worry never robs tomorrow of it’s sorrow,
it simply saps today of it’s joy.”

-Leo Buscaglia

FEAR OF DEATH

- Terror Management Theory—a basic psychological conflict that arises from having a self-preservation instinct and realization that death is inevitable.
- Humans manage their terror by either embracing beliefs that counter this biological reality or by engaging in behaviors that increase vitality.

(Sigal Samuel, 2020)

“Work for this world as if you will live forever and work for the here-after as if you will die tomorrow.”

— **Imam Ali ibn Abu Talib**



Every next level
of your life will
demand a
different version
of you.



**WHAT'S
IN
YOUR
CUP?**

GRATITUDE

1. Recollect those who have inspired you or helped you
2. Loving kindness Meditation
3. Set the tone for your day first thing in the morning.

MEDITATION CHECK-IN

- How was meditation last week?
- Lessons learned?
- Struggles?

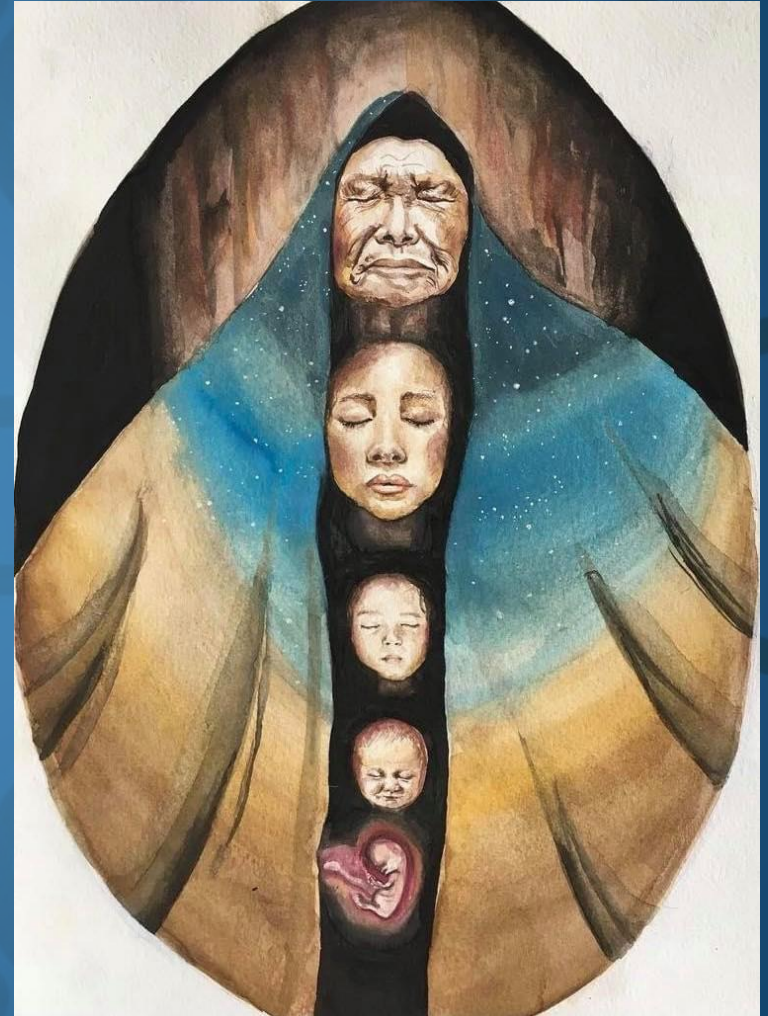
BUILDING CONFIDENCE

Instructor: Anisa Diab



IS CONFIDENCE IN
CONFLICT WITH HUMILITY?

THE ROLE OF
NATURE/NURTURE IN
CONFIDENCE



HEALING YOUR INNER CHILD

1. Think about a time you were most hurt as a child.
2. What message were you left with about who you were and your value as a person?
3. Are you holding onto anything?
4. Write down something you wish your parent had said or believed about you.
5. Say it to yourself.
6. See how it feels.
7. If it feels okay, try saying it to yourself every day.
8. In time, you will feel a shift.



IMPOSTER SYNDROME

- The persistent **INABILITY** to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills.
- Imposter Syndrome (IS) affects everyone from college students, physicians, to CEOs.
- An estimated 70% of individuals experience imposter syndrome
- IS becomes exacerbated in times of transition/challenges

(The Imposter Cure, Jessamy Hibbard)

MYTHS ABOUT IMPOSTER SYNDROME

1. It make me work hard
2. It keeps me humble
3. It means I aim for high standards
4. It motivates me
5. It keeps me in check

QUESTIONS FOR BUILDING CONFIDENCE

1. What are some things you like about yourself?
2. What are you good at?
3. What are you looking forward to getting better at?
4. What are some challenges you have overcome for which you are proud of?
5. What's a new challenge you would like to try?

CONFIDENCE AND ALLAH

- Test vs. Punishment
- Having a positive opinion of Allah
- Your relationship with yourself directly impacts your relationship with Allah

CONFIDENCE-BUILDING TECHNIQUES

1. Growth occurs at the intersection of discomfort and new opportunities
2. Taking risks and leaning into emotional uncertainty
3. Reframing failures, mistakes or set-backs

SUPPLEMENTAL RESOURCES

- The Imposter Cure: Dr. Jessamy Hibber
- Daring Greatly: Brene Brown
- Netflix: Headspace Beginner's Guide to Meditation
- Netflix: Headspace Sleep Meditation

Conclusion

1. The content and quality of our lives depend on our level of awareness
2. To be with a feeling or emotion is to be one with the body, not only the mind
3. Meditation doesn't eliminate sadness or rough patches from your life.
4. You are not your thoughts or opinions, likes or dislikes
These are weather patterns in your mind and you don't need to be imprisoned by them.
5. Meditation is the psychological and emotional equivalent of a physical training program
6. Meditation teaches us not to squander our mental reserves.
7. The real meditation is how you live your life

Faith-Based Mental Health Support:

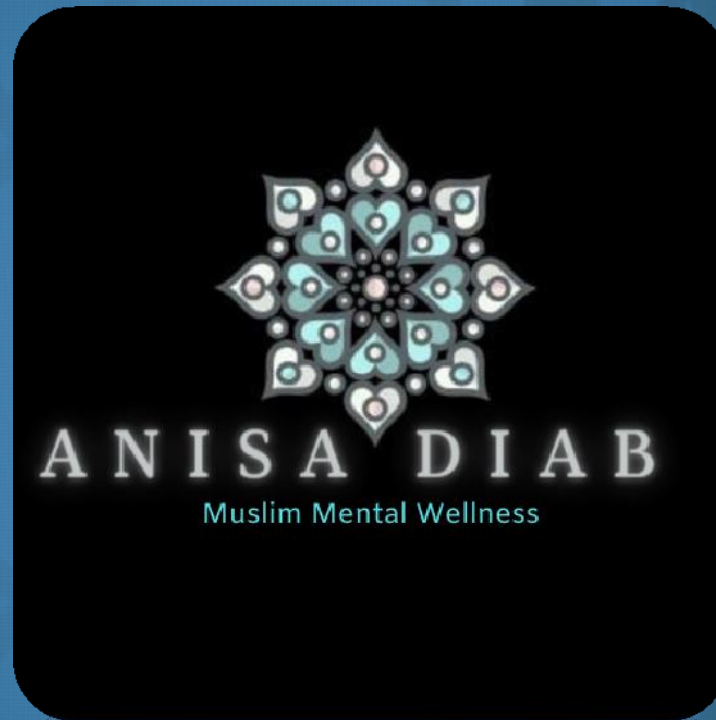
**Helping Muslims grow and adapt through
life's challenges with confidence and faith.**

[Schedule a Session](#)

www.anisadiab.com



QUESTIONS?



www.anisadiab.com

Insta: [@counseloranisadiab](https://www.instagram.com/counseloranisadiab)

Twitter: Anisa Diab

Facebook: AnisaDiab—Muslim Mental Wellness