



PeterField Hypnotherapy

When you're truly ready for change

Uncovering Your Own Confidence with Hypnotherapy

by

Peter Field

Being confident is our birthright.

Whether or not we realize it or are aware of it, the simple truth is that every single person came into this world with an abundance of self-confidence.

In fact, we were born to be confident. Inside each one of us there is an authentic self and this self is confident by nature.

But when we try to be something that we don't truly feel we are then we are usually in for a difficult time.

This is why the old 'fake it to make it' philosophy is so limited in its effect on confidence. When we fake it, we fail to really be it.

So often lack of confidence is driven by dwelling too much on ourselves and the impression we are making on others.

Yet when we allow ourselves to authentically be ourselves - not what we have been taught we are or are not - then we are free to respond to life and everything in it in a spontaneous manner.

And when this happens, we easily become enthusiastic about that which truly interests us and this enthusiasm is like a fire that feeds our own inner confidence.

This is because when we are really enthusiastic about what we do, we develop a passion for it and in so doing we easily find ourselves adjusting our focus away from ourselves.

And in this mode, with this attitude, we can become confidence itself.

Enthusiasm and passion fire us and fill us with our own authentic state of confidence, our own natural state of being.

So, how do we move from a state of un-confidence back to our natural state of confidence?

Simply by allowing ourselves to become enthusiastic about what we are doing. Because when we are enthusiastic we become passionate and this leaves little room for us to question and debate things - we just focus on doing it.

There are so very many books that focus on confidence building techniques, and many of these are helpful in their own way. Yet in order to restore true and meaningful confidence to the individual, something more than techniques is required.

What's needed is real passion and enthusiasm for what we do.

If you have been having trouble accessing your own inner confidence, perhaps you would benefit from working with someone who can help guide you back to your natural state.

It is here that transformational hypnotherapy, in the hands of a fully qualified and experienced practitioner can be powerfully effective.

Inside you is all the self-confidence you need to shine. It's simply a matter of discovering the passion and the enthusiasm that allows you to do so.

With the right kind of hypnotherapy, you can again find the enthusiasm and the passion that fires you to be your natural confident self.

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Peter Field is a leading British hypno-psychotherapist with practices in Birmingham and in London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:

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