

## 9 bad habits that confident people never get

The time has come for you to put away nine bad habits that confident people never get if they want their lives to be full of fun and positive thoughts all the time.

1. 10 absolutely useless things to eliminate right in your life
2. 20 invaluable things to be successful without you even thinking about
3. 5 helpful tips to help you simplify your life from today

There are bad habits in people who lack confidence that are studied and evaluated by psychologists around the world, such as **disregarding themselves** or **gnawing on misfortune before going to bed** . All of these things make it easy for people to feel unsafe and hard to find happiness. What is special is that they never exist in people who are confident and love themselves.

We have gathered bad habits that reduce our self-confidence. The time has come for you to put away **nine bad habits that confident people never get** if they want their lives to be full of fun and positive thoughts all the time.

### 9. Always think that you are not perfect



Oh, why am I so unattractive?! Even that man in the socks with the bee pattern thinks I'm horrible.

Perfectionism is the result of a lack of confidence and anxiety when you cannot feel proud of your own good points.

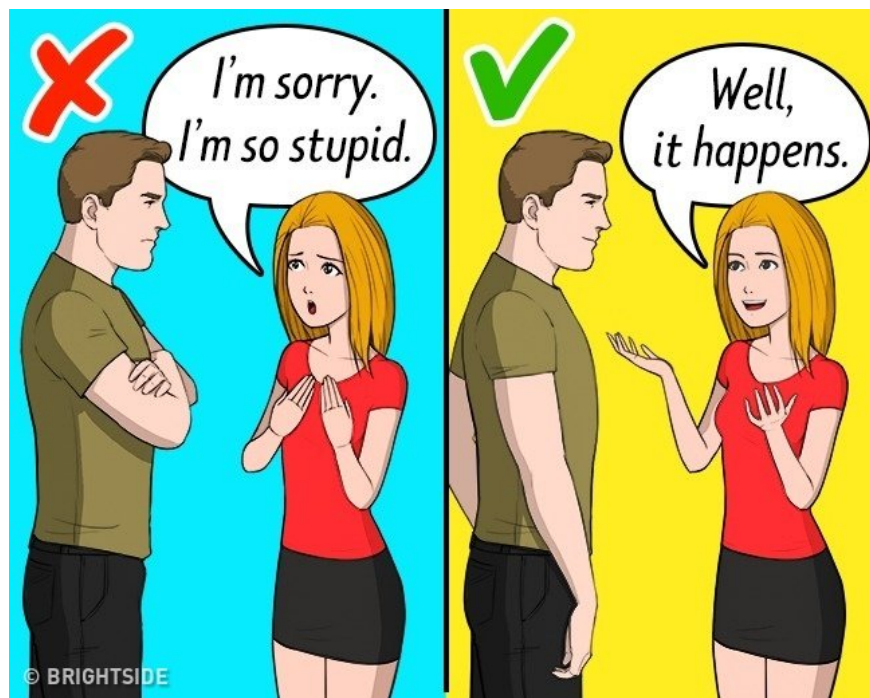
1. **What to do** : When your inner critic starts to blame himself, try analyzing why you need to care about the expectations of those around you and live the way they want? Begin to write a comment about yourself, write down the 3 achievements you have made during the day and read up to be proud of yourself.

## 8. Compare yourself with others

We tend to compare our worst points to others' excellent points, forgetting that **everyone has their own unique traits** .

1. **Things to do:** You should only compare today's friends with yesterday's friends and draw your lessons instead of just being compared to others. Get inspired by yourself, not disappointed about it.

## 7. Self-criticism in conversations



It's always unconscious to lower yourself as an unconscious person every time you receive a compliment or be appreciated.

1. **What to do:** Remember, when someone praises you to show that you have done the right thing and done it well. Even if they pretend to compliment, you just need to smile politely and say thanks instead of denying it. **Whether it's a weakness or an advantage, it's a point that makes you unique** . If even you don't believe yourself, people will think you are as bad as you say.

## 6. Always see obstacles instead of opportunities

Instead of having to overcome barriers and difficulties to achieve your goals, you don't do anything and then blame yourself or breathe coal to blame fate. It is a very bad habit.

1. **What to do:** In life there is no such thing as injustice, but nothing is absolutely fair. Everyone will sometimes encounter obstacles, arduous ways on the road of life. It is important that you dare to step through them or not. **Only when you are brave and overcome them, will you have the success and the precious experiences that even money cannot buy .**

## 5. Fear that no one can do better than you



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According to psychologists, not daring to delegate any of your work to others for fear that they will destroy everything or not do as well as I am is the result of a **lack of sense of security** and **The tendency to like to control everything** .

1. **Things to do:** Knowing to assign tasks to others is a sign only for confident people. **You don't have to embrace everything alone** . It's like you can let your husband go shopping for his own household items, which can be said to trust his decision completely.

## 4. Worry about the future

It is a " *perfect* " way to imagine the worst scenarios that will happen to you to lose confidence and energy for these useless things.

1. **What to do:** Think more positively. The future is anyway something that hasn't happened, no matter how nonsense you are.

### 3. Expect recognition from others



**Only shy or fearful people must always expect reviews and consents from others** . Because they worry that they can not do well, meet everyone's expectations. A small criticism can also cause them to fall to the bottom of the abyss.

1. **Things to do:** Learn to recognize your own values ??and become your best friend.

### 2. Take time for useless things

If you're always immersed in shopping or watching your favorite TV shows, you're just wasting your own time and energy. Instead, you can spend your time improving yourself.

1. **What to do:** Better, turn negative emotions into positive energy to change your life. Researching, creating, creating ideas for areas that interest you or using your free time to hang out with your friends, maintaining relationships will be more useful than staying at home.

### 1. Too mindful of past failures



Looking back on past mistakes and how you are a loser in the eyes of others because the failure of an important project in the 90s will not give you confidence. But it is just **tormenting yourself that makes you become more and more inferior** .

1. **What to do:** Accept the reality of what you have done, face the failures to draw experience and take that as your own lesson. Analyze progress, show love and empathy with yourself. Rest assured that no one remembers what you did wrong, so you don't have to torment yourself.

**Hopefully this article will help you soon realize the bad habits that should not be sustained and quickly eliminate them to be successful and become more confident in the future!**

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Having fun!

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