

How to Find Confidence during Stroke Recovery

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“Low self-confidence isn’t a life sentence. Self-confidence can be learned, practiced, and mastered—just like any other skill. Once you master it, everything in your life will change for the better.”

– [Barrie Davenport](#)

Confidence can make the difference between a partial recovery and a full recovery as confident people are more resilient, persistent, and stubborn in achieving their goals.

In this article, you’ll learn how to develop the skill of self-confidence and why it matters so much during [stroke recovery](#).

Confidence & Fear

Lack of self-confidence stems from an overabundance of fear, but we don’t need to squash fear to build confidence.

Fear is a physical reaction to stressful events, meaning we can't escape the reaction, we can only control our mindset.

So don't confuse confidence with lack of fear. Confident people still have their fears, they just don't let it get in the way of their beliefs and actions.

Act Like It, Become Like It

When we realize that fear and confidence can exist at the same time, we can look deeper into what confidence actually is: *a state of mind* that involves:

- Trust in yourself and your abilities
- Belief that you will succeed in life's endeavors
- Certainty that you can do something

The formula for developing these qualities is simple (but not easy): *start acting like you're already confident*.

When you start acting with confidence, you trick yourself into believing that you're confident – and the process begins to cycle upward.

As you begin to act with confidence and believe that you are a confident person, it will help shape your identity – in the most motivating way!

Become Like It, Feel Like It – Always

When you become identified with confidence, it becomes a part of who you are and keeps you motivated to continue feeling confident – even when things are going wrong.

This type of motivation, known as an *identity motivator*, helps us take action because it's part of who we are. We act confidently in order to feel congruent with ourselves, something that every human being naturally desires.

This way, when things go wrong, you'll face the obstacles with persistence instead of running away or surrendering. Whether you're successful or unsuccessful, you're still confident because it's *who you are*.

Separating Confidence and Competence

When we're good at something, we feel confident in that area. In other words, *there's confidence in competence*.

But the two don't always have to go together. *You are not defined by what you can and cannot do*. During difficult times, treating self-confidence and competence separately will make you a much happier person.

When you separate the two, you can start working on improving your abilities without having a negative effect on your confidence. If your recovery goes backward a little, your confidence won't go backward with it.

As you know, stroke recovery doesn't progress in a straight line.

Sometimes things get better, sometimes they go backwards a bit. But there's always a pattern of progress when you zoom out and look at the bigger picture.

So be happy for the gains, have faith through the losses, and always feel confident in who you are – *a survivor*.

Confidence = Stroke Recovery Rocket Fuel

When you read [stories about stroke survivors](#) who beat the odds and regained way more movement than expected, you'll notice that they're always confident individuals.

And this isn't a coincidence.

Confident people can actually out-perform a more competent, yet less confident, person simply because they believe in themselves more. For this reason, confident people are typically happier, healthier, and more successful in life.

As you develop your confidence, you'll become less affected by temporary setbacks. You'll commit yourself to achieving your goals – even the ones that seem impossible right now.

And you'll achieve those goals because you believe in yourself and you're unafraid to take action. Rocket fuel, indeed.