

Confident Without Being Arrogant

You want to be confident and feel confident because people like to be around others who are confident. There is a quiet calm in the truly confident that the arrogant do not possess. People who are self-confident show it with their actions, not by their words.

There is a thin line between being confident and being arrogant.

An arrogant person usually makes himself look good by putting others down. Few enjoy being in the company of an arrogant person. If you are arrogant, people may turn away from you, your relationships will suffer and even with skills, no one will be able to work with you.

Beware of the pitfalls of crossing the line into arrogance:

- **Think Before You Speak** – It is one thing to be proud of your accomplishments -- another to throw it in people's faces.
- **Be Composed** – A smile and relaxed manner can work wonders.
- **Listen** - Try to focus on the other person's perspective.
- **Be Friendly** – Cultivate relationships that are reciprocal.
- **Be Humble – Modesty** and confidence work exceptionally well together.
- **Be Wrong** – Learn from those around you.

Ask yourself, would you want to be friends with someone like you? Be the kind of person people want to work with, have lunch with and can approach with feedback. Be conscious of behaviors that suggest that people would rather avoid your company.

Self-confidence can serve you well. Feeling sure about yourself and your abilities is not only beneficial to feeling good but also has a profound impact on the social, professional, romantic and physical aspects of your life.

EASE counselors are available at 1-800-882-1341.



“Strength is the courage...to reach out!”