

## **Greetings!**

I just started teaching for the fall, a class focused on speaking and writing about controversies in the Church. An important request accompanied my first lecture: that the students speak without hesitation in class. Some of them hesitate. Others are eager. This week I talked to them about respect and confidence.

## **The Topic at Hand:**

Confidence is that feeling that we can rely on ourselves, that we have a firm trust in ourselves to walk into a room, to present ourselves, and to speak. At the core of confidence lies the belief that *WE ARE WORTHY*.

Having confidence is the beginning of any action. Confidence emerges from our assuredness that we are capable individuals. A lack of confidence indicates a lack of self-love and a fear of being heard. Two tips for cultivating confidence:

- Imagine the person who you respect the most. Treat yourself like you would this person.
- Move slowly for an hour. Keep your feet heavy on the ground. Know that you exist and that this by itself is perfect.

## **Reading inspiration:**

Audrey Lorde's "A Litany for Survival" addresses fear at the heart of not speaking, asking readers to remember their mortality and acknowledge that the fear does not disappear with the silence of our voices. You can read the full poem here:

<https://www.poetryfoundation.org/poems/147275/a-litany-for-survival>

## **Just for laughs:**



*"Let me interrupt your expertise with my confidence."*

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