

5 Sure Techniques to Build the Confidence You Need to Attract the Opposite Sex

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When it comes to attracting the opposite sex, nothing gets a person's attention more clearly than someone who exudes self-confidence. Self-confidence shouldn't be confused with arrogance. A confident person is merely a person that believes in themselves as well as their own ability to succeed. They are not braggadocios or vain in the least bit, because quite simply, they don't have to be. Others can see their confidence in their walk, talk and the way they carry themselves in their everyday transactions. Some people think that you have to be a movie star or model to have self-confidence but you would be surprised at how many gorgeous looking stars actually lack self-confidence. Keep in mind that self-confidence doesn't come over night; it has to be slowly developed and constantly exercised, just like you would do to build a muscle in the gym.

1. Developing a confident self-image- The way we view ourselves is most likely the same way others view us. When you look in the mirror if the person you see staring back is an unattractive, insecure person that has a low opinion of oneself, then that's most likely the same energy you're putting out. Now imagine that same negative energy forming an invisible barrier between you and potential mates or your current mate. Don't believe me, just take a moment and recall three people that you know that have low self-esteem and even lower self-confidence. Once you've done that I want you to highlight the reasons you chose those individuals and you'll most likely find that the way they carry themselves made them obvious choices. Now I want you to (if you can) recall how members of the opposite sex respond to those individuals and you'll see how a confident self-image, or lack thereof, has an affect on relationships. To begin tearing down these negative barricades you must begin at the very foundation and slowly work your way up from there.

At the core of every person is an insecurity of some kind that affects their everyday lives in some form or another. The key is to first find and then admit to yourself (nobody else) what that insecurity is and then take the necessary measures to overcome it. A good way to do that, and I'm sure you've all heard this a million times, is to start making a conscious effort to say positive things about yourself on a daily basis. If, for instance, you have a weight insecurity, and thus feel that it's the reason you haven't found the partner of your dreams, then you should start telling yourself that the true perfect mate will be someone that accepts you just the way you are. Why? Because in reality there's nothing wrong with you. You'd be surprised how mysteriously powerful self-confidence can be once you actually start to believe what you've been telling yourself over and over again.

2. Initiate conversations- Next to public speaking, initiating a conversation with a complete stranger is probably the second biggest fear of most people in the world. But of course you have those people that'll say they have no problem initiating conversation with a stranger; however, when it comes to initiating a conversation with someone they're interested in their courage eludes them. Most of you reading this article can probably recall being in a nightclub on one occasion and seeing someone staring down a member of the opposite sex (or maybe even the same sex) but never did they actually get up

and go introduce themselves. Instead they just sat across the bar or dance floor and watched the other person, as if they were a stalker or obsessed maniac. But the truth is they're far from being either. Like 3 out of 5 people they have a deep-rooted fear of rejection, thus they are probably hoping that the person on the end of their gaze doesn't share that fear and will initiate the conversation for them. Initiating conversations is just another form of self-confidence. Contrary to popular belief starting a conversation with a stranger is easier to overcome than many would think. And no you don't have to be intoxicated to do it, either. But what I do suggest for those of you that frequently experience queasiness in your stomach whenever the issue of meeting someone new is raised is this. Every day make it a goal to go out and find at least one stranger of the opposite sex to initiate a conversation with. It doesn't have to be anything long, just compliment someone on something that they are wearing and ask them where did they buy it. Compliments are a sure conversation starter when it comes to people that you don't know. Besides that, I've never heard of anyone getting upset at another person for telling them that they liked their shoes. Oh...and men. I know that telling a woman that she has a nice butt is considered a compliment in some circles, but unless you're stuffing a few dollars down her g-string, I wouldn't try it on the street.

3. Dress from the inside out- When it comes to improving our self-confidence, allot of times what we choose to wear is an exact reflection of how we see ourselves. If a person is feeling blah then their clothes normally reflect that. And just the opposite, if someone is feeling confident, attractive and on top of the world, their clothes normally reflect that as well. In fact, you can normally spot the confident person a mile away in a crowd, just by the way they wear their clothes and carry themselves.

Notice I said the way they wear their clothes as opposed to what they are actually wearing. That's because I find that people often assume that just because someone is wearing a flashy expensive name brand then they are automatically confident. This is where the popular saying 'the clothes don't make the man' couldn't be more true. Confidence can't be purchased; therefore someone just oozing with it can just as easily shop at a thrift store and outshine someone that bought their outfit at Macys. This is why I stress the importance of building self-confidence. When you possess a self-confident attitude the world becomes an open buffet of opportunities for you to choose from, but without it you're just left with the leftovers. By dressing from the inside out and wearing your clothes proudly you're simply sharing your confidence with the world. Friends and family won't quite know what has changed about you but they all will agree that whatever it was it was for the better. And another good thing about self-confidence is that it's contagious!

4. Love thyself unconditionally- When most people hear me say that they should love thyself, their initial response is usually, "What you mean 'love myself'? Well of course I love myself. I certainly don't hate myself". But the thing is when I say you should love yourself, I mean love yourself, unconditionally—imperfections and all. If asked, 10 out of 10 people would probably agree and say the same thing, that nobody is perfect. However those same 10 people probably have at least one or two things about themselves, whether it is an addiction or insecurity that they hate. The problem with that is whenever you start to resent or dislike any part of yourself, for whatever reason, before long that

hate takes root and spreads throughout. Now in no way am I saying that we should all just say to hell with our vices and imperfections and accept them—what I'm saying is that nobody's perfect, therefore why get down on yourself because of a flaw. Today there are a lot of bitter people walking the planet that didn't start out that way. Most of them were once happy and content with whom God created each of them to be, however due to some unforeseen events they slowly changed. For some of them that change was maybe the result of a bad breakup, divorce or just some unfortunate circumstances. Now because of what happen in the past, subconsciously they blame themselves and don't even realize that their self-image has been damaged as a result. And the hard truth of the matter is that if you can't love thyself, how in the hell can you possibly expect to be able to love a partner? You can't, that's how! And those women and men that dare try often end up smothering their partners with their dangerously obsessive tendencies. And no one in their right mind is going to stick around too long for that.

5. Start a light exercise program- Anyone who exercises on a regular basis or has in the past already know how much of a boost it has on your self-esteem and self-confidence. In my opinion if there was ever a cure-all to the lack-of-confidence blues, some light exercising is it. That's because exercising does a lot more than just decrease love handles—it slowly but surely obliterates a person's negative opinion of themselves, also. I don't care who you are, if you can find some way to add just three days a week of exercise to your schedule the reward will be a boost in confidence. And contrary to popular belief you don't need an expensive gym membership to do it. Working out at home is just effective and cheaper on the pocket book.

In conclusion: Being that years ago I was probably the most unconfident person there was I honestly believe that self-confidence isn't something that we're all born with. I also believe that society often plays a big part in stripping people of the little self-confidence that they do have. It's no wonder that it happens either. Everywhere you look there's a commercial, ad campaign or video that subliminally sends a message that life would be better if only you looked like this. MTV Cribs, Lifestyles of the Rich and Famous, and a whole list of others send the subliminal message that if you ain't got it like these celebrities then you're basically a loser. This is why I say it's important that each of us stop relying on outside sources, whether it's from our partner, our job, or family to boost our self-esteem.

Relationship Expert, Blogger, Entrepreneur, and Author Javon64 has written two books: *The Naked Truth: What Every Woman Wants and Every Man Needs to Know*, and *The Chapters of Ecstasy*. Get more sex and dating advice on his interactive blog at: www.myspace.com/thejavon64