



## MENTALFIT Mental health test

\* Online test that examines both positive and negative influences on your psyche

\* It explores most common neuroses, depression, and mental strain of different origins etc.

\* Very detailed result

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## Useful information

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### HOW TO TALK TO PEOPLE IN SPECIAL SITUATIONS

#### How to talk to depressive people

Do you know how to talk to depressive people? What to tell them and what better not to?

#### How to talk to and how to treat a suicidal person

And what about someone who talks about suicide or is even ready to commit it? What can save him or her? And what should you in no way say?

#### What to do when your partner is unfaithful

A lot of couples chance upon infidelity. How to talk about infidelity and what to do when you find your partner (husband, wife) has been unfaithful? What can save the relationship and what finishes it off?

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### SELF-CONFIDENCE A QUALITY THAT DETERMINES YOUR SATISFACTION AND ACHIEVEMENT

# Low Self-confidence: "Weaklings" & "Strongmen"

Dr. Mika Ela, [www.psychance.com](http://www.psychance.com)

People who do not trust in themselves are much more numerous than those whose self-confidence is all right. **Low self-confidence means underestimating of one's abilities and influence over their environment, disparaging of eventual successes and emphasizing of what a person can't do and what is no go.**

People with insufficient self-confidence continuously **compare themselves with others** and they consider themselves weaker, less capable, less successful, less love-worthy and simply worse overall. And they do not like themselves for being so.

**These attitudes work like a programs in their heads** - people act in accordance with them. They preventively avoid many situations for non-trusting in success. They approach other situations with the feeling that they will not succeed in them - then they actually do not and if so, it is considered an accident. They are afraid of addressing anyone interesting. They dedicate a huge amount of time to their own selves, but totally in vain - they linger over themselves, they mull over the same doubts round and round and they take a lot of things personally and egocentrically. A personal attack is seen behind any critique; they are easily injured and any refusing is regarded as proof that their poky opinion of themselves is correct.

We distinguish two types of people with low self-confidence:



1. **"Weaklings"**: These are in the majority. People without healthy self-confidence can be recognized quite easily: They get upset even over usual problems, their concentration is bad, they can't fall asleep for worry. A typical weakling can neither put his or her foot down nor assert their rights. They behave submissively and do not trust in themselves. A weakling has, however, quite a good chance to improve his or her self-confidence.

### **How self-confidence influences important areas of life**

Self-confidence or self-esteem has a huge impact on all important areas of life – relationships and marriage, study and work, health in general, communication with others and last but not least the feeling of satisfaction.

### **"Weaklings" & "Strongmen": People with low self-confidence**

There are two kinds of low self-confident people: so called weaklings and strongmen. Both of them share certain inner insufficiencies but they markedly differ in objective manifestation.

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### **EGO-DEFENSE MECHANISMS**

#### **How not to recognize the truth**

Do you know the ways our psyche uses to avoid unpleasant feelings? Review your own, sometimes maybe unconscious manners you seize in situations of failure, shame or insufficiency.

**Useful texts at**  
[www.psychance.com](http://www.psychance.com)

## **Are You a Good Psychologist?**

Do you know....

:: why a suspect, interrogated by the police, often sits on an ordinary chair in the middle of the room?

:: how to treat a depressed person?

:: whether it is probable that a person threatening suicide will attempt to commit it in reality?

**Try our quiz concerning practical psychology**

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2. **"Strongmen"**: At first sight, strongmen look like self-confident Supermen. They can chew others out, they do not hesitate to complain and they act expressively and sovereignly. They can behave violently, though, they are narcissistic, humiliate others and ironize, but never allow other people to make fun of them. The last is a very reliable sign of "strongmen". Such a person has at once a tiny and very hard shell, but inside, there is jelly - he or she is weak, trembling, insecure, devoured by worries, fearing that his or her real self will be disclosed. Their, as though sovereign, behaviour serves as a means of how to keep other people at arm's length, because strongmen are afraid of them. A strongman does not have such good prospects as a weakling, for unlike a weakling, a strongman never admits that he or she has a problem.



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