

By Gemma Bailey

## CONFIDENCE - MILTON MODEL

Now relax more deeply than before, so relaxed and at ease. Telling yourself "I can, I will, I have my very own best interests at heart."

You see you have told me that your confidence has been an issue for you in the past. Yet the person with little confidence did not email me did not take steps to sort the problem out. The person without confidence did not call at all, and did not have an appointment to show up for.

I will speak to you now, you can make those changes that you really wish to make, for **you're unconscious** mind is listening and will receive and act upon the messages it hears. And you will find, as this is happening, that you become much happier, within yourself. So much more...delighted with who you are, what you have and everything you can offer.

Can you remember a time where you have felt feelings of confidence, perhaps in a different situation to the experiences you have had recently? And you can, remember how you stood, and walked and talked, clearly, remember now at the time, it's very easy to behave in this way.

Thinking about what you really do want to achieve here, your outcome to be relaxed and at ease now with who you are and all of your amazing and special qualities not to be denied, for you know, it matters not who is judging you, what they might be thinking, you can never really know that and it doesn't matter anyway.

What matters is what you are thinking and focusing on all of your unique and special qualities - remember them? Those abilities to relax and be at ease feeling cool and calm, as somebody asks you, your jaw relaxed, like a rubber band letting go, allowing you to think and communicate your true thoughts clearly, coolly. Just breathing, in and out, unconsciously, all the time.

You can enjoy and look forward to being a mother/father to yourself because you know that, you can't know the situations or conversations that the inner child may have, but you will always be there, offering good positive advice.

Coaching, caring and encouraging the correct sort of behaviour.

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Defusing panic. Telling yourself you'll be fine, you can achieve this easily, you have so much more potential and I will help you access it. You can let go of the things that might be or might not be but will probably never be as bad as you used to imagine them to be, because you trust yourself now to get on with it, when the time comes.

That's the only way to do it. Since you find now, that your mind is so filled with happy, positive calming thoughts, you don't really have time to analyse or construct or destruct over things that might not even happen anyway.

You know that if and when the time comes, you will be saying positive things to yourself, looking for the best possible outcome and looking as if you really mean business. You can do this easily, can't you?

Because even if your confidence has been hidden away, only to be found in old memories, or even only to be seen in others, it is there, you have it, otherwise you wouldn't even know what it was or how to use it, but you do, don't you?