



The Confidence Paradox

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We live in a world obsessed with polished confidence—smooth talk, flawless images, curated perfection. Yet beneath that glossy surface, so many are quietly unraveling. Exhausted. Anxious. Disconnected from themselves. The “fake it till you make it,” pretending only takes you so far.

Real change is a deeper kind of transformation—the kind that brings your shadows into the light and awakens your divine connection to all that is from within. It shifts the way you walk, speak, and show up in the world. It opens you to giving and receiving with ease.

This is the path of inner confidence. Authentic confidence. The kind that doesn't need to be performed, because it's lived in the present.

Its not a performance.

Its not polished perfection

Instead, it's presence and Being YOU.

Most people don't realize this yet, but we are living through a collective identity crisis.

Everywhere you look, people are running through the same paths recreating their past over again, replaying their patterns on repeat:

- running from their feelings both conscious and unconscious
- scrolling past their pain
- living behind their masks
- performing versions of themselves people want to see
- confusing achievement with worth
- confusing attention with connection
- confusing appearances with confidence

We can walk into any room saying all the “right” things and performing the version of ourselves we “think” the world wants—yet still be battling the inner patterns that keep our confidence locked away.

When we avoid the parts of ourselves that need attention and try to build confidence from the outside in, we end up chasing an illusion. External validation, achievements, image—none of it creates the confidence we're longing for. And even when it does show up, it's fragile, inconsistent, and never quite enough.

Authentic confidence arises only when we turn inward, meet ourselves honestly, and free what's been buried.

When we learn to process and release the heavy emotions we've been carrying... when we stop rejecting our shadows and false ego... when we step out of the overthinking mind and into the embodied version of who we're becoming—something shifts. We begin to align with our authentic inner confidence (awakened confidence). And the more we show up from that alignment, the more that confidence expands.

We live in a time of MORE than ever before:

- *more* information
- *more* access
- *more* opinions
- *more* self-help

Yet we're experiencing less internal grounding than any generation before us.

Why?

Because confidence has been confused with performance. With aesthetics. With metrics. With external success.

But real confidence isn't built by what you collect—it's awakened by what you uncover within yourself.

Why is inner confidence so urgent in the times we are living?

Because humanity is standing at a crossroads:

On the cusp of awakening,

Fear or Love. Avoidance or More Awareness. Performance or Presence.

We're navigating:

- emotional overwhelm, overdoing and burnout
- identity distortion
- digital comparison
- generational trauma rising to be healed
- rapid global instability
- a deep hunger for meaning

People are quietly drowning behind the illusion that everyone else is doing fine.

Awakening inner confidence is the medicine for our time.

It dissolves anxiety, comparison, perfectionism, and the fragmentation that keeps us disconnected from ourselves.

When we awaken our inner confidence:

- We stop outsourcing our worth.
- We stop living through other people's expectations.
- We stop abandoning ourselves for acceptance.
- We stop running from the parts of us that hurt
- We become emotionally self-led.
- We show up authentically, without performing.

And when one person awakens, it creates a ripple—an invitation for others to rise into their own truth.

This is why awakened confidence matters.

Because your healing and awareness is not just personal—it's generational.

It's collective.

It's evolutionary.

You don't just become confident.

You become a lighthouse in a world full of storms.

But what about the kind of inner confidence that comes from our own inner connection to our intuition and innate wisdom?

This is the authentic, integrated, and aligned confidence that the world needs right now

What Inner Confidence Actually Is

Most people ‘think’ confidence is looking good, speaking up and speaking well, being loud and taking the spotlight.

This is surface confidence. Confidence worn like Armor.
Inner confidence is different.

It’s quiet.

It’s grounded.

It’s rooted in truth, not performance.

Inner confidence comes from the unconscious mind. The deepest parts of you that:

stores every memory

holds every emotion

represses unresolved pain to protect you

shapes your worldview

controls your reactions

influences your energy, frequency, and presence

When your unconscious is filled with unprocessed emotions, wounds, and fear—you can look confident but feel deeply insecure. When your unconscious is healed and integrated—you become unshakeable

Many of us have been running. Not the kind of running where your feet pound the pavement and your lungs gasp for air. The kind where you scroll past your feelings. Where you smile or run when you’re crumbling. Recreating the same patterns of behaviour that do not serve you.

You might look confident to everyone watching while something inside you whispers, “what if this is not for me. Who do I ‘think’ I am?”

Here’s the truth about confidence: it doesn’t come from overthinking, performing, or trying to mentally force yourself into feeling strong. This is only temporary. Real confidence rises from a much deeper place - the unconscious mind.

The unconscious holds every memory, every emotional imprint, every unresolved experience. It’s the part of us that protects what feels too overwhelming to process, storing it away to keep us safe. Its highest priority is always you.

It’s also a deeply moral, loyal part of the psyche—one that follows the instructions it’s been given, even if those instructions were shaped by old wounds or outdated beliefs. It influences every perception you have, and it’s constantly transmitting the energetic frequency you move through the world with.

The Mirror Effect & Running

Close your eyes and feel this: The world right now is like a giant mirror reflecting back what we're collectively running from the inside.

Look around—feel the heaviness. All the drama, the division, the noise. People creating fear or simply overacting to it. Others turning away from the parts of them that get triggered that feel uncomfortable, like closing curtains against the morning light.

It's a battlefield being recognised within us - the mind and heart. Fear (illusion of mind) versus Love (truth of heart).

We're all standing at this crossroads at some point, and the path we choose ripples outward like a smooth stone dropped in a still lake.

Just like a ripple effect of a stones throw into a still lake, your inner healing doesn't just heal you. It gives permission to everyone else. It heals your lineage and shifts the collective consciousness one heart ripple at a time.

When you stop running from parts of yourself, you stop running from others. When you choose love over fear, you become a lighthouse for others still lost at sea.

The world needs your awakened inner confidence. The lighter you in your own vibration, not perfection not performing. This is the inner confidence. The kind that shifts everything simply by being yourself.

My Journey:

My confidence took a hit early in life. A young single parent dealing with losses that became recycled, returning in multiple new situations like waves that kept finding the same tender shore over and over.

This was the kind of loss that cracks you open and shows you who you really are beneath all the world's illusions of fear.

Imagine a crystal geode—ordinary, muted, almost forgettable on the outside. But the moment it cracks open? Light spills out. Facets shimmer. The hidden reveals itself and it is seen and felt and experienced.

New perspectives came alive. Everything that seemed missing was there inside all along, quietly forming beneath the pressure, waiting to be realised by me.

That's what life's lessons did to me. It cracked me open, and in that breaking, I finally saw new patterns and intricacy that had been there inside all along.

During those times, I learned something that changed EVERYTHING -

Our inner confidence lies not in anything outside of us. Not in the validation, the achievements, or the approval. Not in how we look or what we've accomplished or who loves us.

It comes from what's already within us. When we are open to change our inner world through awareness, embracing and accepting our pain points, everything changes. When we answer the call, show up in the present willing to listen to yourself actually feeling into the body in the moment, we begin to transform. Inner confidence comes from practicing feeling into and meeting your discomfort/triggers as they arise in you just being present with what is. (not thinking or judging).

As we embark on the journey of showing up for ourselves in that way, we then tap into our inner power which is the transforming of our pain into our purpose.

The wounds become wisdom. The scars become stories that help others heal.
The very thing that broke us becomes the actual breakthrough.

All Our Relationships Are Mirrors

Imagine standing before a mirror that doesn't just show your reflection—it shows your soul. What if all our relationships became like mirrors?

Exposing the parts of us that are shiny, yes—the light we've learned to show, the beauty we're comfortable claiming, the strengths we've accepted and also exposing the parts of us that need attention—not to punish us, but to free us.

Those shadow parts that arise to be seen, felt, and released. These are the gifts in disguise from the universe, wrapped in uncomfortable paper, tied with triggers we'd rather avoid that later become a compass towards our own transformation.

When we accept the darker parts of ourselves, we unravel our inner confidence and rise into our potential.

Here's the trap, the place where most of us stumble:

Every time these mirrored reflections arise, you have a choice. Feel it—that moment when someone triggers you, when something inside wants you to run or hide. Do you can choose Fear, run away from the pain and blame others —

running and abandoning the real YOU that wants to step forward and step up. The you that's been waiting, hoping you'll finally turn around and come home.

Or you choose LOVE and embrace the dark with the light of your awareness and attention eventually healing and transforming yourself from the inside out. This kind of inner healing builds awareness and awareness transforms.

Your inner awareness doesn't just set you free— It breaks patterns that have been playing out for generations.

The Universe often sends the same lessons over and over like a loving teacher who knows you need to learn, who won't give up on you even when you keep running out of the classroom.

The lesson follows you because it loves you enough to help you heal and grow.

Imagine a garden overgrown with weeds. You keep planting new flowers on top, but the weeds keep choking them out. This is what happens when we don't tend our own garden. You're not running from other people. You're running from parts of yourself.

The anger you learned was “unacceptable.” The needs you were told made you “too much.” The sensitivity that got you labeled “too emotional.” The power or views that made people uncomfortable to learn about you so you learned to shrink.

These parts didn't disappear when you rejected them. They just went underground, into beneath your conscious mind, where they've been running your life in the background.

The pain parts arise to be seen, felt, and released. Not punished. Not fixed. Not analyzed to death. Just witnessed with compassion.

Just like a frightened child you would kneel down and acknowledge “I see you. I'm here. You're safe now.”

This is where real confidence is born. When you can hold all of yourself—the light and the shadow, the beautiful and the broken, the confident and the scared—with compassion, you become new. Healing integrates.

Here's the Beautiful Part..

You don't have to do this alone. the Universe (spirit) —is always supporting you with your decisions.

You're not alone in your journey within. You're being held. Guided from within. Supported by something larger than yourself.

When you breakthrough your unconscious patterns — your entire vibration shifts. You stop living just from the mind or ego. You start living with the connection with your own, soul. The triggers and old decisions and beliefs lose their grip. What used to send you spiraling becomes just another wave you can ride. You create space for your inner confidence to ignite.





COMING HOME

Imagine you've been traveling far from home, carrying heavy bags, exhausted. And then you see it — your front door, glowing with warmth and welcome.

Coming home to yourself is a journey and a practice. Not a one-time event, but a daily choice to turn inward toward yourself instead of away out into the world.

Simply Notice:

- Notice when you scroll instead of feel
- Do you rest in just being in stillness at some point in your day
- Do you show up and perform instead of be you.
- Do you feel sensations in your body. Maybe there's a tightness, a contraction, a holding that happens when you're running.
- Every time those mirrored reflections arise, you can choose to run, hide, blame, distract , numb
Or Stay, Feel, Accept, release/transmute, Heal.

Wouldn't you rather loosen the grip to the recycled emotions with compassion instead of letting it keep you small or control you?

Let your Light Ignite

Picture that candle again—the one that was sitting in darkness, afraid to burn. Watch as someone strikes a match. See the flame catch. Feel the warmth beginning to spread.

This is what happens when you stop running. Your confidence doesn't just arrive. It ignites. Not with a roar, but with a quiet certainty. A deep knowing. A settled peace that doesn't need to prove anything to anyone.

The Ripple Effect of You choosing yourself- When you choose your love over fear, a ripple effect begins.

Your authenticity invites others to drop the masquerade.

You become a mirror— the kind that reflects back someone’s highest potential.

Their forgotten light. Their buried power. This is awakened confidence and leadership.

Not leading from ego or achievement, but from integration and you-niqness. Leading by being so fully yourself that others remember how to be themselves too.

You may just find your values begin to shift and align to where you want to go

What you thought mattered falls away like old skin. What actually matters rises to the surface.

The relationships that were based on performance start to feel uncomfortable. The ones based on real connection deepen and glow.

The work that aligns with your purpose starts calling your name.

The life that’s actually yours starts to reveal itself, beautiful, raw and real.

The World Needs Your Light

Let your inner confidence become like a candle and when you choose love over fear, your confidence doesn’t just arrive—it ignites the inner flame.

There’s a moment—you’ll know it when it happens—when something inside you lights up like a flame, the kind that warms, that illuminates, that transforms.

A ripple effect begins in your life and the magic starts to unfold. You may find your values begin to shift and align to where you want to go

What you thought you wanted falls away. What you truly need becomes crystal clear. The path you couldn’t see before suddenly lights up like a runway at night.

Inner confidence comes from the inside not the outside.

The Paradox Revealed

The paradox is simply this: the confidence you've been chasing finally appears the moment you stop running from yourself—stop seeking it outside of you, stop blaming others, stop clinging to old stories that were never truly yours. When you recognize that those outdated, limiting beliefs no longer define you, you break free. And in that freedom, you become confident in who you are being, not in what you're performing.

Confidence doesn't come from doing more, achieving more, or collecting more. It comes from turning toward the very things you've been avoiding. From facing what's been following you. From choosing love over fear—again, and again, and again.

This is your invitation. The Universe has been waiting. Your soul is ready for you to step into your power, unravelling your inner confidence that has always been there all along, quietly burning beneath the surface, waiting for you to pause long enough to let the flame rise and ignite.

If you have read this far, thank you, the world is ready for you!

(Soul Reset has been created for the purpose of awakening inner presence and confidence through an integrative Mind Body Soul experience)

Soul Reset is a 6 week 1:1 breakthrough intervention using the modalities of NLP, Timeline Therapy, Hypnosis and Movement Therapy). Transform your limiting beliefs, decisions and subconscious patterns and reclaim your inner power, shift into your New Timeline of possibilities!

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