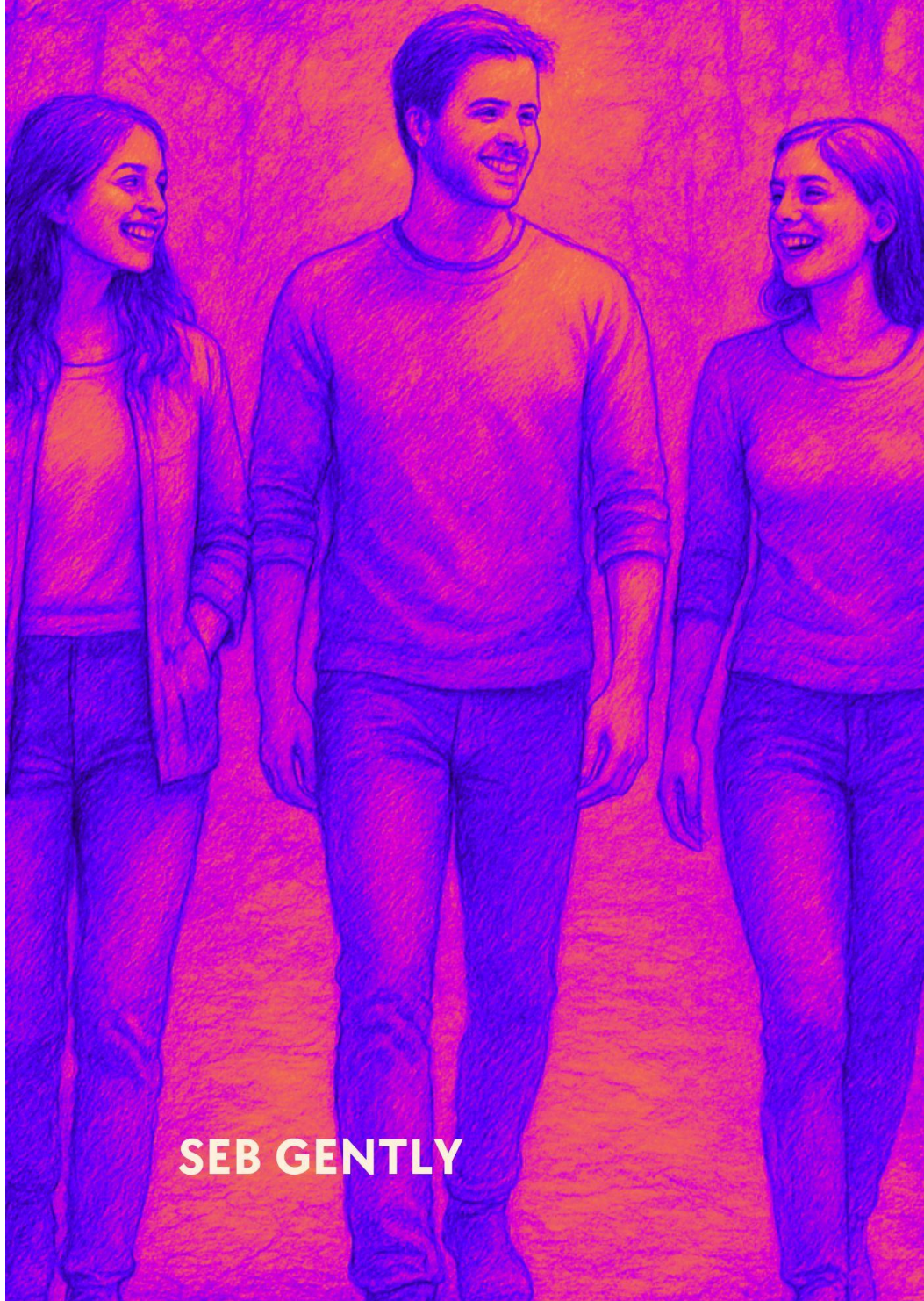


THE QUIET CONFIDENCE CLUB: NEXT CHAPTER



SEB GENTLY

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Page 1

Chapter 2: The Self-Trust Shift

On Monday morning, Nadia wakes up with a clean, sensible plan.

Nadia is competent, thoughtful, and quietly ambitious. She's the person people describe as "easy to talk to"—and the person who sometimes goes home and replays conversations like a director searching for the one line that sounded wrong.

Nadia's details are intentionally broad. Think of her as a gentle, recurring thread—a composite of the kinds of quiet, capable people who want to show up more fully.

She can almost feel how good she'll be by Friday: calmer, clearer, a little more like the version of herself who doesn't spiral. She tells herself she'll keep it simple this week: speak up once in the meeting, go to bed earlier, and stop replying instantly to the message that always spikes her heart rate.

By Wednesday, Nadia is already negotiating with herself.

The meeting comes, and her idea sits at the back of her throat like it's waiting for permission. Someone else speaks first. Nadia tells herself she'll jump in next. Then the moment passes, and she feels that familiar mix of relief and disappointment—relief that she wasn't seen, disappointment that she wasn't seen.

Later, her phone lights up. It's the person Nadia always responds to too fast. Her thumb moves before her mind catches up. She replies immediately, then spends the next hour analysing the tone of their full stop. That night, she scrolls because she's "unwinding", and suddenly it's 1:07am. She falls asleep slightly tense, like she's broken an invisible agreement.

Nothing dramatic happens. No one calls Nadia out. Her life continues.

But inside, something small lands. It sounds like: *See? We don't really do what we say.* Not shouted. Just noted. Nadia feels it as a quiet drop in confidence—a little less faith in her own promises. And if you recognise that feeling, you already understand the heart of this chapter: when you don't trust yourself to have your own back, every high-stakes moment can feel like walking onto a stage without a safety net.

What Self-Trust Actually Is (and What It Isn't)

Self-trust is the felt sense that you can rely on yourself in ordinary moments—the moments that don't make a good Instagram caption. It's the quiet knowing that when you say, "I've got you," you mean: "Even if I'm nervous in that meeting, even if I want to people-please, even if I'm tired on Wednesday, I will still take one step that respects me."

It's not perfection. It's not productivity. It's not being endlessly disciplined or "on it". It's not becoming the kind of person who never needs comfort, support, rest, or reassurance.

And it's not the same thing as self-esteem. Self-esteem is often about how you evaluate yourself. Self-trust is about whether you *follow through*—especially when your feelings change.

How We Lose Self-Trust (Usually Without Noticing)

Most people don't lose self-trust through one dramatic betrayal. They lose it the way you lost it on Wednesday: in tiny, reasonable-sounding moments. "Not today." "I'm too tired." "I'll do it later." "I don't want to make it awkward." "I'll just keep the peace."

- **Overriding your "no"** (then resenting people for not reading your mind).
- **Over-explaining** when a simple sentence would do (because you want to control the outcome).
- **People-pleasing** to avoid discomfort (then feeling invisible).
- **Avoiding** the hard conversation, the application, the ask, the boundary (then feeling stuck).
- **Breaking promises to yourself** because you're tired, overwhelmed, anxious, or "not in the mood".
- **Abandoning your needs** (rest, food, movement, downtime) until your body forces a collapse.

None of this means you're weak. These are intelligent strategies you learned to stay safe, connected, and "good". They worked once. They just don't work forever.

Page 2

The Choice Nadia Almost Didn't Make

Nadia has an evening free. She wants quiet time—a bath, a book, nothing else. Her friend messages:

"Fancy a catch-up tonight? I miss you."

Nadia's heart drops.

She *does* love her friend.

She *does* enjoy spending time with her.

But tonight isn't for connection; it's for recovery.

Her first instinct is to type:

"Of course! What time?"

But her stomach tightens. She knows that familiar tightening: the signal that she's about to break a small promise to herself.

She pauses.

She exhales.

She chooses.

"Tonight I'm keeping for some quiet time. Can we do later in the week?"

Her friend replies:
“Of course! Enjoy your evening love”

The world doesn't collapse.
The friendship doesn't disappear.
Her self-respect expands.

Choosing herself didn't mean losing anyone.
It meant keeping *both* relationships—the one with her friend, and the one with herself.

The Quiet Confidence Shift: Your Needs Don't Compete with Other People's

Confidence doesn't come from choosing yourself *instead* of others.

It comes from choosing yourself *as well as* others.

When your needs are part of the equation:

- your yes becomes authentic
- your love becomes sustainable
- your presence becomes grounded
- your boundaries become clean
- your resentment dissolves

Everyone benefits when you stop abandoning yourself—including the people you're afraid of disappointing.

Three Myths That Make Choosing Yourself Hard

Myth 1: “If I prioritise myself, I'm selfish.”

Truth: Self-respect isn't selfish—it's relational hygiene.

Myth 2: “If I say no, people will feel uncared for.”

Truth: People feel most cared for when you're present, not resentful.

Myth 3: “My needs are less important.”

Truth: Needs don't have rankings. They have timing, capacity, and honesty.

The Quiet Confidence Move for This Chapter: Choose → Communicate → Stay

Most people skip straight to communication.
Quiet confidence begins earlier.

1. Choose

Acknowledge your need.
Give it legitimacy.
Don't negotiate with your worth.

Examples:

- "I need rest."
- "I need clarity."
- "I need time to think."
- "I need support."
- "I need space."

2. Communicate

Say it simply and steadily.
Not aggressively.
Not apologetically.

Examples:

- "I need a slow morning tomorrow."
- "I can't commit to that right now."
- "I'd like some space this evening."

3. Stay

This is the hard part.

Stay:

- through the wobble
- through their possible disappointment
- through the urge to backtrack
- through your own guilt

Staying creates emotional adulthood.

Page 2 — Weekly Reflection Page

Week of: _____

1. This Week's Quiet Wins

List 3 ways you showed up for yourself.

- 1.
- 2.
- 3.

2. Where I Wobbled

Moments that felt shaky, overwhelming, or activating.

3. What Those Wobbles Taught Me

4. One Boundary I Set or Wish I'd Set

5. One Thing I Want to Do Differently Next Week

6. Rituals to Carry Forward

- Morning exhale
- Speak one sentence early
- Two-sentence truths
- Evidence log
- Evening closure
- Other: _____

Closing Note

Thank you for reading the sample pages from **The Quiet Confidence Club: Next Chapter**.

The full programme includes:

the complete *Next Chapter* self-help book

the companion workbook

reflective activities

emotional regulation tools

confidence-building practices

real-world scenarios

identity-level exercises

and a calm, structured approach to self-trust and resilience

If you're exploring the programme for your organisation, school, college, council, or wellbeing setting, I'm always happy to help you decide whether it's the right fit.

Request programme information: thequietconfidenceclub.com/contact