

# the confidence gap

A Guide to Overcoming  
Fear and Self-Doubt

Simple techniques for long-lasting results, drawn from  
ACT, the revolutionary, mindfulness-based therapy

**Russ Harris** Author of *The Happiness Trap*  
With a foreword by Steven Hayes, PhD

# **The Confidence Gap Russ Harris**

**Dr Russ Harris, Russ Harris, Bev Aisbett**

# The Confidence Gap Russ Harris

The Confidence Gap Russ Harris, 2011-09-13 Drawing on Acceptance and Commitment Therapy and mindfulness practices this guide offers breakthrough insights and simple techniques for developing deep seated long lasting confidence Too many of us miss out on opportunities in life because we lack self confidence Whether it s public speaking taking on a leadership role or asking someone for a date there are situations in which we just don t feel equipped to handle the challenges we face Russ Harris offers a surprising solution to low self confidence shyness and insecurity Rather than trying to get over our fears he says the secret is to form a new and wiser relationship with them Paradoxically it s only when we stop struggling against our fearfulness that we begin to find lasting freedom from it Drawing on the techniques of Acceptance and Commitment Therapy ACT a cutting edge form of cognitive behavioral therapy The Confidence Gap explains how to Free yourself from common misconceptions about what confidence is and how to build it Transform your relationship with fear and anxiety Clarify your core values and use them as your inspiration and motivation Use mindfulness to effectively handle negative thoughts and feelings This book could save you years of psychological struggle yank you out of negative emotional patterns and help propel you to a much happier more productive life Martha Beck author and Oprah Winfrey s life coach

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generally change your life for the better The book provides scientifically proven techniques to reduce stress and worry rise above fear doubt and insecurity handle painful thoughts and feelings far more effectively break self defeating habits improve performance and find fulfilment in your work build more satisfying relationships and create a rich full and meaningful life

*ACT with Love* Russ Harris,2023-06-01 Build more compassionate accepting and loving relationships with acceptance and commitment therapy ACT Let s face it Picture perfect storybook romances don t exist in real life Couples fight Feelings of love wax and wane through the years And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples So how can you reignite passion and intimacy in your relationship cultivate greater understanding and compassion between yourself and your partner and bring the joy back to your love life In this fully revised and updated edition of ACT with Love therapist and world renowned ACT expert Russ Harris shows how developing psychological flexibility the ability to be in the present moment with openness awareness and focus and to take effective action in line with one s values can help you and your partner strengthen and deepen your relationship Also included is new information on attachment theory powerful mindfulness and self compassion techniques and assertiveness and boundary setting skills ACT with Love will show you how to Let go of conflict open up and live fully in the present Use mindfulness to increase intimacy connection and understanding Resolve painful conflicts and reconcile long standing differences Act on your values to build a rich and meaningful relationship If you re looking to increase feelings of intimacy love and connection with your partner this book has everything you need to get started together

*The Weight Escape* Ann Bailey,Joseph Ciarrochi,Russ Harris,2014-12-16 Skip the diets and calorie counting the bestselling author of *The Happiness Trap* reveals how mindful eating is the key to long term weight control and well being Using the mindfulness based method called Acceptance and Commitment Therapy ACT *Happiness Trap* author Dr Russ Harris psychological practitioner Ann Bailey and scientist Joseph Ciarrochi present a holistic approach to well being and weight loss Focusing on the mental barriers that prevent us from setting and achieving our goals they go beyond meal plans and calorie counting to explain how you can apply mindfulness to your lifestyle and eating habits Through practical exercises and personal stories they show you how to Set goals and give direction to your life Overcome destructive habits and exercise self control Deal with cravings and stressful situations Develop self acceptance This book contains the tools you need not only to get the weight loss results you want but to maintain a healthy weight and a healthy sense of well being for the rest of your life

*The Reality Slap* Russ Harris,2012-03-01 The reality slap takes many different forms Sometimes it s more like a punch the death of a loved one a serious illness a divorce the loss of a job a freak accident or a shocking betrayal Sometimes it s a little gentler Envy loneliness resentment failure disappointment and rejection can sting just as much But whatever form your reality slap takes one thing s for sure it hurts And most of us don t deal with the pain very well The Reality Slap offers a four part path for healing from crises based on acceptance and commitment therapy In these pages you will learn how to Find peace in the

midst of your pain Rediscover calm in the midst of chaos Turn difficult emotions into wisdom and compassion Find fulfillment even when you can't get what you want Heal your wounds and emerge stronger than before Unlike some self-help books that claim you can have everything you ever wanted in life if you only put your mind to it this book claims that you can't have everything in life The hard truth of this world is that we are all going to experience disappointment frustration failure loss rejection illness injury aging and death at some point However in spite of all this you can still lead a rich and rewarding life Let this book be your guide

**Getting Unstuck in ACT** Russ Harris, 2013-07-01 Acceptance and commitment therapy ACT is a powerful evidence-based treatment for clients struggling with depression anxiety addiction eating disorders and a host of other mental health conditions It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts rather than trying to change them However ACT can present certain roadblocks during treatment As a mental health professional you may adopt basic principles of ACT easily but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model During that time you will probably find yourself stuck at some point and so will your clients In *Getting Unstuck in ACT* psychotherapist and bestselling author of *ACT Made Simple* Russ Harris provides solutions for overcoming the most common roadblocks in ACT In the book you will learn how to deal with reluctant or unmotivated clients as well as how to get past certain theoretical aspects of ACT that some clients may find confusing This book will help clients deal with sticky dilemmas and unsolvable problems and will help simplify key ACT concepts to help you break down psychological barriers Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages talking and explaining ACT instead of doing it being too eager to treat a client being a Mr Nice Guy or Ms Nice Girl or putting too much focus on one process while neglecting others The chapters of the book are based in real-life scenarios that take place between therapist and client and the author provides feedback by analyzing mistakes in what was said and where improvements could be made As more and more mental health professionals incorporate ACT into their practice it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks For that reason this book is a must-have for any ACT therapist

**The Confidence Gap** Russ Harris, 2019-08 This is a hands-on self-help guide to gaining long-lasting confidence and overcoming fear using mindfulness-based therapy The author explains how many of us are playing the confidence game using the wrong rules and guides the reader through clear simple exercises designed to help you manage difficult emotions

**When Life Hits Hard** Russ Harris, 2021-08-01 Practical skills grounded in acceptance and commitment therapy ACT to help you bounce back when life knocks you down Whether it's the loss of a loved one or a job the end of a relationship a pandemic or a natural disaster nothing really prepares us for those moments when life hits hard and turns our world upside down The good news is that you can move forward There are tools you can use to find your way back from despair and live a fulfilling life In this candid self-help guide psychotherapist Russ Harris offers powerful and doable skills grounded in evidence-based ACT to help you recover from grief

loss and crisis transcend your pain and suffering and build a rich and meaningful life even in the face of adversity You'll also find tools to help you deal with painful memories create your own healing grief rituals and transform difficult emotions into unexpected allies Finally you'll learn how mindfulness and self-compassion can help keep you grounded even when it seems like your world is in free fall If you're ready to start building the resilience needed to heal from loss or thrive in the face of adversity this guide will show you how to get there one step at a time

**The Happiness Trap Pocketbook** Dr Russ Harris, Russ Harris, Bev Aisbett, 2013 A unique collaboration between cartoonist author Bev Aisbett and Dr Russ Harris this is an illustrated simplified pocketbook version of Russ's original international bestseller *The Happiness Trap* It's an easy to read introduction to all those powerful life-changing ideas or a great refresher course for those already familiar with the approach Commonplace ideas about happiness are often misleading inaccurate and likely to make you miserable in the long term For example positive thinking often does not work and research shows it actually makes some people feel worse So open *The Happiness Trap Pocketbook* and learn how a new scientifically proven mindfulness based approach called Acceptance and Commitment Therapy better known as ACT can help you find genuine wellbeing and fulfilment Whether you're lacking confidence facing illness stressed at work struggling with low self-esteem trying to lose weight or quit smoking or just wanting to be happier healthier and more fulfilled in this book you will learn effective techniques to reduce stress and worry rise above fear doubt and insecurity handle painful thoughts and feelings more effectively break self-defeating habits develop self-acceptance and self-compassion let go of inaccurate and misleading but very popular ideas about happiness and create a rich full and meaningful life

**ACT Made Simple** Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER Due to the recent illegal counterfeiting of this book we cannot guarantee book quality when purchased through third party sellers Now fully revised and updated this second edition of *ACT Made Simple* includes new information and chapters on self-compassion flexible perspective taking working with trauma and more Why is it so hard to be happy Why is life so difficult Why do humans suffer so much And what can we realistically do about it No matter how rewarding your job as a mental health professional you may sometimes feel helpless in the face of these questions You are also well aware of the challenges and frustrations that can present during therapy If you're looking for ways to optimize your client sessions consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy ACT With a focus on mindfulness client values and a commitment to change ACT is proven effective in treating depression anxiety stress addictions eating disorders schizophrenia borderline personality disorder BPD and myriad other psychological issues It's also a revolutionary new way to view the human condition packed full of exciting new tools techniques and strategies for promoting profound behavioral change A practical primer ideal for ACT newcomers and experienced ACT professionals alike *ACT Made Simple* offers clear explanations of the six ACT processes and a set of real world tips and solutions for rapidly and effectively implementing them in your practice This book gives you everything you need to start using ACT with your clients

for impressive results Inside you'll find scripts exercises metaphors and worksheets to use with your clients a session by session guide to implementing ACT transcripts from therapy sessions guidance for creating your own therapeutic techniques and exercises and practical tips to overcome therapy roadblocks This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients

**The Self-Confidence Workbook** Barbara Markway, Celia Ampel, 2018-10-23 Discover tools to help you build self confidence for a better life From facing your fears to practicing acceptance and self compassion The Self Confidence Workbook offers practical and effective strategies to help you bring out your best self You'll learn how to guide yourself through having self confidence in relationships work and health With a goal oriented approach these proven strategies teach you to silence the self critic within and help guide you toward living your best life with confidence This self esteem workbook helps you vanquish self doubt with **DEFINING CONFIDENCE** A guide to understanding self confidence by defining what it means to be confident and helping you determine your starting level of self esteem **STRATEGIES FOR SELF ACCEPTANCE** This book entails a 5 step program that begins with setting goals and uses evidence based strategies to foster acceptance mindfulness self compassion and more **INTERACTIVE EXERCISES** Discover reflections checklists and quizzes to help you internalize lessons and concepts Improve self confidence in all areas of your life to feel fully alive with this top choice in motivational books

*The Seventh Sense* Joshua Cooper Ramo, 2016-05-17 **NEW YORK TIMES BESTSELLER WASHINGTON POST BESTSELLER** Winner of the getAbstract 17th International Book Award The Seventh Sense is a concept every businessman diplomat or student should aspire to master a powerful idea backed by stories and figures that will be impossible to forget Walter Isaacson author of Steve Jobs and Leonardo da Vinci Endless terror Refugee waves An unfixable global economy Surprising election results New billion dollar fortunes Miracle medical advances What if they were all connected What if you could understand why The Seventh Sense is the story of what all of today's successful figures see and feel the forces that are invisible to most of us but explain everything from explosive technological change to uneasy political ripples The secret to power now is understanding our new age of networks Not merely the Internet but also webs of trade finance and even DNA Based on his years of advising generals CEOs and politicians Ramo takes us into the opaque heart of our world's rapidly connected systems and teaches us what the losers are not yet seeing and what the victors of this age already know

[The Confidence Code for Girls](#) Katty Kay, Claire Shipman, Jill Ellyn Riley, 2018-04-03 New York Times USA Today and Wall Street Journal Bestseller Girls can rule the world all they need is confidence This empowering entertaining guide from the bestselling authors of The Confidence Code gives girls the essential yet elusive code to becoming bold brave and fearless Packed with graphic novel strips appealing illustrations fun lists quizzes and challenges and true stories from tons of real girls The Confidence Code for Girls teaches girls to embrace risk deal with failure and be their most authentic selves It's a paradox familiar to parents everywhere girls are achieving like never before yet they're consumed with doubt on the inside Girls worry constantly about how they look what



people think whether to try out for a sports team or school play why they aren't getting perfect grades and how many likes and followers they have online Katty Kay and Claire Shipman use cutting edge science and research as well as proven methods of behavioral change to reach girls just when they need it the most the tween and teen years Plus don't miss Living the Confidence Code Packed with photos graphic novel strips and engaging interviews Living the Confidence Code proves that no matter who you are or how old you are nothing is out of reach when you decide to try *Trauma-Focused ACT* Russ Harris,2021-12-01 Trauma Focused ACT is going to go down as one of the great contributions to the field of trauma informed care Kirk Strosahl PhD cofounder of ACT Trauma Focused ACT TFACT provides a flexible comprehensive model for treating the entire spectrum of trauma related issues including post traumatic stress disorder PTSD addiction depression anxiety disorders moral injury chronic pain shame suicidality insomnia complicated grief attachment issues sexual problems and more Written by internationally acclaimed ACT trainer Russ Harris this textbook is for practitioners at all levels of experience and offers exclusive access to free downloadable resources including scripts videos MP3s handouts and worksheets Discover cutting edge strategies for healing the past living in the present and building a new future With this compassion based exposure centered approach you'll learn how to help your clients Find safety and security in their bodies Overcome hyperarousal and hypoarousal Break free from dissociation Shift from self hatred to self compassion Rapidly ground themselves and reengage in life Unhook from difficult cognitions and emotions Develop an integrated sense of self Resolve traumatic memories through flexible exposure Connect with and live by their values Experience post traumatic growth

**Self Confidence Workbook** John Taylor,2020-10-15 Self confidence is when you have faith in yourself and your abilities in a particular situation and it does not relate to overall self worth If your self confidence levels are low it is because you are not comfortable in a particular setting for whatever reason Self confidence matters in our personal lives too **Mind Hacking** John Hargrave,2017-09-12 Presents a twenty one day three step training program to achieve healthier thought patterns for a better quality of life by using the repetitive steps of analyzing imagining and reprogramming to help break down the barriers including negative thought loops and mental roadblocks

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