Confidence vs. Self-esteem

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| **CONFIDENCE** | **SELF-ESTEEM** |
| **Confidence** reflects full trust; belief in the powers, trustworthiness, or reliability of self. Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance. | **Self-esteem** reflects a person's overall subjective emotional evaluation of his or her own worth. It is a *judgment* of oneself as well as an attitude toward the self. We learn self-esteem in our family of origin. |
| Synonyms of confidence include: faith, reliance, dependence, certainty, and trust in oneself. | Synonyms of self-esteem include: self-worth, self-regard, self-resect, and self-integrity. |
| Confidence encompasses feelings (for example, “I trust I can do this”, “I can rely on my abilities to achieve this”). | Self-esteem encompasses beliefs (for example, "I am competent", "I am worthy"). |
| Confidence is a *state of being* certain. In this state one worries less about failure or disapproval of others. | Self-esteem is the *evaluation of the self (*positive or negative), as in how one feels about themselves. |
| Confidence answers the question, “How certain am I about this?”, “How sure am I about this?” | Self-esteem answers the question, “What do I believe about who I am?”  |
| One can have a lack of confidence (certainty) or overconfidence (arrogance/hubris). Confidence can be a self-fulfilling prophecy as those without it may fail or not try because they lack it and those with it may succeed because they have it rather than because of an innate ability. | Low self-esteem is a negative evaluation of oneself. This type of evaluation usually occurs when some circumstance in one’s life touches on their sensitivities. They personalize the incident and experience physical, emotional, and cognitive arousal.  |