

NNPA FEATURE

COPING

by

Dr. Charles W. Faulkner



How Confident Are You? (The Truth, Please)

Many people say they are supremely confident. But deep down inside, they realize they lack the essentials of confidence. Confident people usually control the rest of the population. How does a confident person act? What does such a person do?

Confidence is indicated by one's behavior on certain situations that cause others acute stress. There are, of course, degrees of confidence -- some people may be bold and aggressive in certain situations and around particular people. In different circumstances, they may display timidity. Few people display maximum assertiveness in every situation.

In practical terms, confidence may be defined as the ability to function normally in spite of the gravity of a situation; to be unaffected by the opinions of others; to feel that, "I will do this well in spite of what others may think." Rather than, "I am not capable of succeeding in this situation." Here are some characteristic behaviors:

1/Situation: You are attracted to someone and want to become acquainted. Confident person would introduce himself/herself; Non-confident person would do nothing but hope to be noticed.

2/Situation: Your love affair ends. Confident person would get over bad feeling quickly; Non-Confident person would feel completely rejected.

3/Situation: You are angry with your partner. Confident person would express the unpleasant feeling, realizing that the problem will subside; Non-Confident person would be afraid to express unpleasant feelings.

4/Situation: You want to ask a question at a meeting. Confident person would ask the question at first opportunity. Non-Confident person would not ask question under any circumstances.

5/Situation: One of your acquaintances has criticized you. Confident person would take it in stride; Non-confident person would feel hurt and angry.

6/Situation: You are attending an interview. Confident person would feel excited by the challenge; Non-confident person would feel terrified.

7/Situation: You go to lunch with friends and are hungrier than they. Confident person would order what you want without apologies; Non-confident person would do exactly what the others do.

8/Situation: Your partner shows an interest in someone else. Confident person would remain assured of top status; Non-confident person would feel threatened, jealous and angry.

9/Situation: Someone loves you. Confident person would know that you deserve it; Non-confident person would be afraid that the love

would stop when your lover gets to know you.

10/Situation: You damaged someone's property. Confident person would know that it was an unfortunate accident; Non-confident person would be afraid to admit it.

11/Situation: Your partner discusses sexual feelings and preferences. Confident person would share feelings in a frank discussion; Non-confident person would change the subject or refuse to talk.

12/Situation: You are attracted to someone other than your partner. Confident person would accept it as normal; Non-confident person would feel guilty.



NBCC Introduces New President

Mr. James O. Porter is the new President of the Nevada Black Chamber of Commerce for fiscal year 1986-87.

He was born in Washington D.C. and attended Spingarn High School. He also attended Howard University and California State College, Los Angeles. He graduated from Howard University School of Law in 1967.

Porter's professional career includes a wide variety of experiences both in Washington D.C. and the state of Nevada. Some of his more notable experiences include: Program Analyst to President Johnson's National Advisory Committee on Civil Disorders; work with the Neighborhood Legal Services and the Development Youth Program in Washington; Executive Director of the Clark County Legal Services Program, Attorney in the Public Defenders Office, and Chief Special Master of the Child Support Division of the Eight Judicial Court District.

Porter has been involved in numerous community activities which include: Member, Boulder Dam Area



Council Boy Scouts of America; President, Nevada Black Chamber of Commerce; Board of Directors, United Way of Southern Nevada; and Board Member of the Nevada Taxicab Authority.

He is also an active member of the National Bar Association, The Clark County Bar Association and the Association of Trial Lawyers of America.

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