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10 Most Common Reasons Why Teens Lack Confidence





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Hi! My name is Sharon, confidence coach for teens & parents and author of:

10 Most Common Reasons Why Teens Lack Confidence

As a coach, I see a lot of trends and common reasons why teens lack confidence. It's important to note that adolescence is a time of significant physical, emotional, and social change, and confidence issues are not uncommon during this period. A lack of confidence is best navigated with patience and empathy from parents.



REASONS YOUR TEEN MIGHT LACK CONFIDENCE:

1

Body Image Concerns

- Physical changes during adolescence can lead to body image insecurities.
- Comparing themselves to social beauty standards or peers can contribute to low self-confidence.

2

Academic Challenges

- Struggling with schoolwork or feeling inadequate in academic settings can impact confidence.
- Fear of failure or not meeting expectations can be stressful for teens.



REASONS YOUR TEEN MIGHT LACK CONFIDENCE:

3

Identity & Self Discovery

- Many teens struggle with understanding their identity.
- Teens have not yet formed strong opinions about their personal likes and interests or do not feel validated in their developing identity.

4

Social Anxiety & Comparison

- Often teens struggle with social anxiety, making it difficult for them to engage in social situations, leaving them feeling left out and isolated.
- Teens frequently compare themselves to their peers, often exacerbated by social media. This constant comparison leads to feelings of inadequacy.



REASONS YOUR TEEN MIGHT LACK CONFIDENCE:

5

Perfectionism

- The desire to be perfect in every aspect of life and constant self-criticism with fear of failure erodes confidence.
- When teens feel like they will never be good enough, they suffer from unnecessary burn-out exhausting themselves.

6

Communication Issues

- Difficulty expressing thoughts and feelings or experiencing challenges in effective communication drives away confidence.
- Parents frequently take over communication instead of teaching teens effective communication tools so they can become independent.



REASONS YOUR TEEN MIGHT LACK CONFIDENCE:

7

Lack of Skills Development

- Teens will lack confidence if they haven't had the opportunity to develop basic skills (cook, clean, self advocate, shop, budget, plan, time management).
- If they haven't received positive reinforcement for their efforts with developing these skills, they may give up and stop trying to refine skills.

8

External Validation Dependancy

- Relying heavily on external validation, such as approval from peers, can leave teens vulnerable to fluctuations in self-esteem based on others' opinions.
- When parents hover and micro-manage, teens become dependent on parents, leaving the teen to feel like they can't ever do it alone.



REASONS YOUR TEEN MIGHT LACK CONFIDENCE:

9

Parental Pressure

- High expectations from parents can create stress and self-doubt in teens.
- Being compared to other people's kids and siblings puts a lot of pressure on teens and affects their confidence.

10

Negative Core Beliefs

- Teens may develop negative core beliefs about themselves based on early experiences or repeated negative feedback.
- Teens often pick up on parent's attitudes and when parents have a negative mindset or their peers are negative, naturally the teen is, too.





Thank you!

Are you feeling stuck as a parent in how to help your teen grow their confidence?

I can help! **Book a FREE discovery call today** and learn how I can walk your teen through the necessary steps to find their confidence.

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