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(Poem)  
Words Uncaged

### Believe In Me

I'm just trying to believe in me-self-belief. Perhaps, I have not always believed in myself-self-doubt. Whether anybody noticed or not but I did. I knew it when I followed the pack rather than my own conscious I understand now that this fault was only a manifestation of my low self esteem. I'm still haunted by the inferiority that I developed towards my own thoughts & dreams. I am easy to accept those things about me which have clearly contributed to my error. I even go as far as glamorizing the circumstances that have led to my failure. I burnt my hand in the fire, now I am cautious when it comes to flame. I have gotten myself into so many miserable circumstances that I distrust the decisions coming from my own brain. Look where it has led me.

Somehow I believe in myself. Yet there is a doubt that lingers to undermine my happiness. It feeds itself upon the negativity but I make sure that self-belief eats the bigger portion. When one is in the desert without steaks and potatoes you have to eat to survive. Where I would rather dine on positivity, I have found nutrition in the miserable comments of others and the uncertainty in my own head. From these things I learn what I am not and what I don't want to be. It's a harsh diet to consume. In my present circumstances I feel destitute. However, only the strongest roots can take soil in the desert.

With self-belief I found what came along is self-value. I began to believe that I deserved more than feeding myself on the bottom. I deserve to have a relationship with a woman of commitment and values. I value my efforts at being a person worthy of trust. Before I could seek out the best intentions from the world I had to first place the best intentions in my heart. Just like a liar has no claim on the truth, I started to sow honesty within myself to reap the reward.

This situation is far from being in conclusion. I compare my own experience with an inner battle where I am trying to master my uncertainty. The specific tools that I use are my conscious for guidance, my faith for confidence, my belief in God for strength, the love for my family to persevere... remaining patiently, striving for progress in my thought process.

--Self-doubt, lacks conviction that we can.

--Self-belief, is convinced that we can.

--Self-doubt, has reservations that we should try.

--Self-belief, encourages us to act.

--Self-doubt, questions our abilities.

--Self-belief, strengthens us with confidence.

--Self-doubt, is skeptical about our potential.

--Self-belief, is assured by our faith.

--Self-doubt, is wary about being unique.

--Self-belief, aids us to follow our dreams.

--Self-doubt, mistrusts God's promises.

--Self-belief, enjoys the beauty of life.

--Self-doubt, is uncertain of the future.

--Self-belief, sets goals.

--Self-doubt, undervalues our achievements.

--Self-belief, is the foundation of a happy existence.

--Self-doubt, detracts from our personality.

--Self-belief, is a beautiful shining aura projected by a healthy soul that gives us the ability to speak with confidence, walk with pride, and live life to our fullest potential. Gorge yourself on successful achievements, whether they be of no significance to anyone besides yourself. Have we not all fed our doubts enough? Should we look at ourselves any less?

BELIEVE IN YOURSELF!!!!

