

Tom Burgdorf's

*Gymnet Sports Learning Library*

Team Gymnasts

**Athletes Doubting Themselves**

(Could be a topic for "Conversations With My Kids.")

As natural as a sunrise. Life certainly isn't about waking up every day with a great confident feeling. Kids are that way too. There are always factors challenging their self confidence that they have to fend off. They don't have the knowledge, like we have, that this happens to almost everyone. They can feel very isolated and confused when the self doubts appear. They need us.

They need to learn that life isn't about being successful at every opportunity. You try, try again and try again if necessary. You also figure out ways to be successful after you try and miss the first time. Success doesn't just happen, you learn to be successful. A huge lesson to teach our kids. Education helps you be successful. Practice helps you be successful. Being determined to try and try again helps you be successful. Are we teaching this enough?

A child doubting themselves and their abilities is natural, normal and an opportunity for adults to teach. Learning to improve your outlook when you are doubting yourself is one of our most important life lessons, so don't get worried when your child starts doubting themselves, educate them. This is not a situation for drugs or a doctor, it is a situation for good parenting and coaching.

No need to start pointing fingers when your child is doubting themselves. This is not the fault of anyone or anything. Self doubt is natural. Self doubt can be overcome. Too often we look for excuses about poor performance or poor attitudes and in a lot of cases it is just the natural order of things. We all dip a little. We all have the opportunity to try again. Some do it a little sooner than others and with a little more enthusiasm. Do we want our children fighting their way to a confident self? They sometimes need our help in finding out how to do that. They need us during the short self doubt periods of their lives.

They need great parenting and they need great coaching. Not just in how to hit the ball farther or how to stick their beam routine but in how to manage the mental side of sports and life.

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