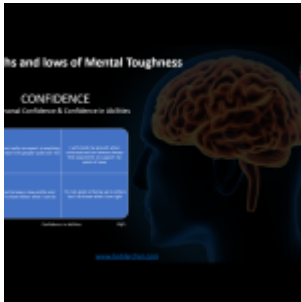


# Highs & lows of Mental Toughness – Confidence



Mental Toughness contains four dimensions or constructs; Control, Commitment, Challenge and Confidence

Each of the “4Cs” contains two sub-dimensions:

- Control contains Life Control & Emotional Control
- Commitment contains Goal Orientation & Achievement Orientation
- Challenge contains Risk Orientation & Learning Orientation
- Confidence contains Interpersonal Confidence & Confidence in Abilities

It is important to get below the surface, not only of one’s global Mental Toughness, but also below the 4Cs in order to understand the interplay between the sub-dimensions

Today, the interplay between Interpersonal Confidence & Confidence in Abilities

People low in both dimensions tend to keep a low profile and don’t show others what they can do

Those high in Interpersonal Confidence but low in Confidence in Abilities don’t consider themselves as an expert at anything but they don’t let people walk over them

Conversely, those low in Interpersonal Confidence but high in Confidence in Abilities are not good at facing up to others

but do know when they are right

Those high in both Interpersonal Confidence & Confidence in Abilities will stand their ground when criticised and can almost always find arguments to support their point of view

If you would like to read more about Mental Toughness, take a look here: [www.boblarcher.com/category/mental-toughness](http://www.boblarcher.com/category/mental-toughness)