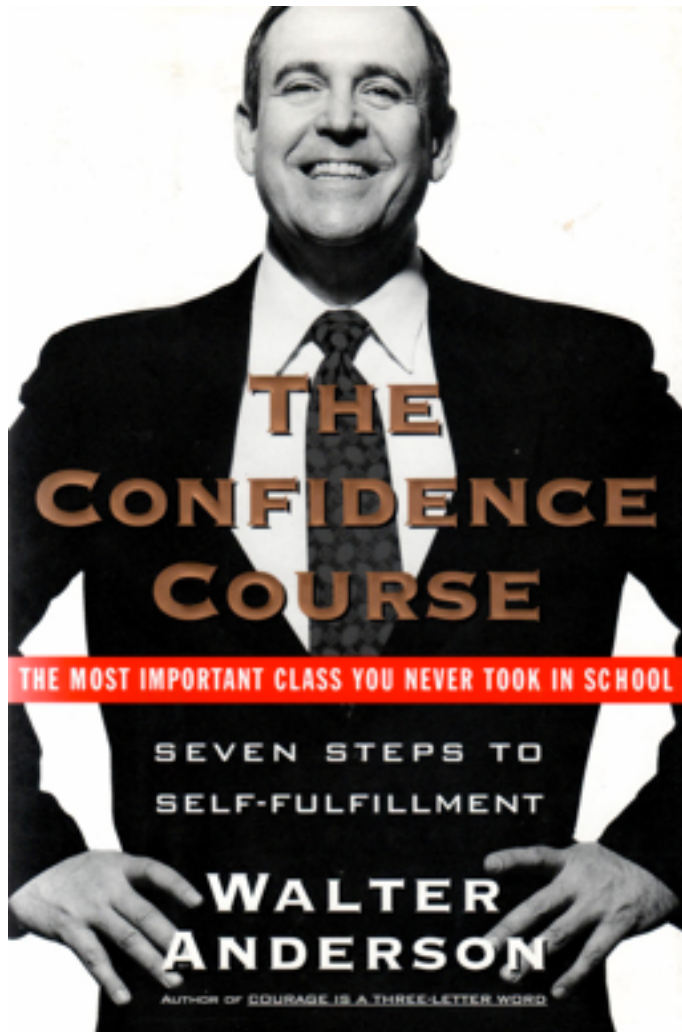


Reprinted from: Anderson, Walter, Chapter in book, "The Confidence Course"  
(Harper Collins, New York, NY 1997)



Focus on solution.

You're about to have an adventure. You have a chance for a new and better life. Your partner left – but you're still breathing. You *have* survived the breakup: "Hey, pal, I'm still standing!"

Again, remember that your goal is to regain control. It will help to consider the words of Dr. Mimi Silbert, leader of the Delancey Street Foundation, a world-renowned treatment center for former drug abusers, prostitutes, and convicts:

"What we really mean when we say we can't do something is that we have difficulty letting go of what's comfortable. How many human beings anywhere, not just at Delancey Street, hold on to a relationship merely because it exists? This fear of loneliness, abandonment, or failure can, if we let it, hold any of us back from doing exactly what each of us needs to do to feel fulfilled."

What is taught at Delancey?

"We teach how to believe and how to love," says Mimi. "It takes unbelievable courage for the residents of Delancey. They are desperately afraid. To believe in caring and closeness – to trust – is difficult for people who have hurt others and who have been burned all their lives."

Several teaching methods and philosophies are practiced at Delancey, but one of the most effective is called *Act As If*:

A new resident at Delancey, fresh from prison, might hear: "Bill, we know you don't care about Jim over there. We know you couldn't care less whether Jim lives or dies. But, Bill, We want you to *act as if* you care about Jim."

So the new resident, to get along, pretends to care – and, to his surprise, finds that he actually does begin to care. Delancey residents transform themselves from the outside in. Against the most monumental odds – against a lifetime of rejection, failure, and disappointment – the residents of Delancey Street learn, as Mimi suggests, how to believe and how to love.

How does this apply to you?

If you change your behavior, your attitude will change.

Your attitude will change, and your confidence will grow.