

A GIFT FROM *The Confidence Comeback Code*

7

Confidence *Killers*TM

*What Is Quietly Costing You Income, Love,
and Joy, and How to Overcome Each One*

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Confidence rarely leaves *all at once*.

After a setback, such as a betrayal, a divorce, a career disappointment, a health diagnosis, or a change in your body, confidence often fades quietly, one hesitation at a time. You still show up. You still deliver. Yet somewhere inside, you begin to shrink.

Through my work as a social and behavioral scientist and a decade of coaching women, I have seen the same seven patterns appear again and again. I call them the confidence killers. They rarely announce themselves. They hide inside reasonable decisions: the price you did not raise, the opportunity you did not pursue, the love you did not let yourself receive.

This guide will help you recognize each one, see what it is costing you, and begin to overcome it. It is not homework. Each page takes about two minutes, so read one whenever you need it.

Your worth is not in question. Your confidence can be reclaimed, and with it, greater prosperity and more joy.

With joy,

Dr. Marianne

THE SEVEN CONFIDENCE KILLERS

1. Self-Doubt

2. Shame

3. Regret

4. Waiting to Feel Ready

5. Comparison

6. Over-Giving

7. Self-Sabotage

01

CONFIDENCE KILLER 1 OF 7

Self-Doubt

The voice that questions what you already know.

WHAT IT IS

Self-doubt is the habit of second-guessing your own judgment, even when your experience and results say you are capable. After a setback, it often grows louder, because your mind is trying to protect you from being hurt again.

HOW IT SHOWS UP

- ◆ You rehearse what you will say, then say less than you know.
- ◆ You seek reassurance before making decisions you are qualified to make.
- ◆ You credit luck or timing for results you earned.

WHAT IT COSTS YOU

- Income* You hesitate to apply, pitch, or negotiate for work you are qualified to do.
- Love* You keep your real opinions to yourself so you cannot be wrong.
- Joy* Your wins never feel fully yours.

THE SHIFT

Self-doubt is a feeling, not a fact. Let your evidence speak louder than your fear: your experience, your results, and the people who have trusted you are real.

A QUESTION TO CARRY WITH YOU

“What have I already done that proves I am capable of this?”

02

CONFIDENCE KILLER 2 OF 7

Shame

The belief that something about you is wrong.

WHAT IT IS

Guilt says, “I made a mistake.” Shame says, “Something is wrong with me.” After a setback, shame can attach itself to your identity, so that what happened to you starts to feel like who you are.

HOW IT SHOWS UP

- ◆ You keep parts of your story hidden, even from people who love you.
- ◆ You feel exposed when others notice your success.
- ◆ You apologize for taking up space, time, or attention.

WHAT IT COSTS YOU

- Income* You avoid the visibility that would grow your career or business.
- Love* You keep even the people who love you at a distance.
- Joy* You cannot fully celebrate, because part of you feels undeserving.

THE SHIFT

What happened to you does not define your worth. Shame loosens its grip when you separate the event from your identity and meet your story with compassion instead of secrecy.

A QUESTION TO CARRY WITH YOU

“If I spoke to myself with the kindness I offer others, what would I say?”

03

CONFIDENCE KILLER 3 OF 7

Regret

Living in the “should have.”

WHAT IT IS

Regret keeps your attention on the past: the opportunity you missed, the relationship you stayed in too long, the risk you did not take. Some reflection helps you learn. Lingering regret keeps you from acting now.

HOW IT SHOWS UP

- ◆ You replay old decisions and imagine how life would be different.
- ◆ You believe it is too late for what you want.
- ◆ You hold back from new opportunities so you will not regret those, too.

WHAT IT COSTS YOU

- Income* You dismiss opportunities as meant for an earlier season of your life.
- Love* You guard yourself against new love because of old pain.
- Joy* Today is spent paying for yesterday.

THE SHIFT

Your past is a teacher, not a life sentence. Every experience, including the painful ones, has given you wisdom you can use now.

A QUESTION TO CARRY WITH YOU

“What do I still want, and what small step can I take toward it now?”

04

CONFIDENCE KILLER 4 OF 7

Waiting to Feel Ready

Believing confidence must come before action.

WHAT IT IS

Many women wait to feel confident before they act. Confidence often grows the other way around: you act, and the evidence from acting builds your belief in yourself.

HOW IT SHOWS UP

- ◆ You are always preparing: one more certification, one more draft, one more year.
- ◆ You wait for the perfect moment, the perfect plan, or permission.
- ◆ You watch others with less experience step forward first.

WHAT IT COSTS YOU

- Income* Opportunities pass while you prepare.
- Love* You postpone the relationships, conversations, and experiences you want.
- Joy* Life feels as if it is on hold.

THE SHIFT

Courage does not require certainty. Take one small step before you feel ready, and let the step build the confidence.

A QUESTION TO CARRY WITH YOU

“What would I do now if I trusted that confidence will come as I move?”

05

CONFIDENCE KILLER 5 OF 7

Comparison

Measuring your life against someone else's highlights.

WHAT IT IS

Comparison turns another woman's success into proof that you are behind. It ignores her story, her support, and her season, and it ignores your own progress.

HOW IT SHOWS UP

- ◆ You scroll through social media and feel smaller afterward.
- ◆ You discount your achievements because someone else has more.
- ◆ You stay quiet about your goals because others seem further ahead.

WHAT IT COSTS YOU

- Income* You underprice your work because others seem more established.
- Love* You measure your relationships against images instead of what you truly want.
- Joy* You cannot enjoy your own season.

THE SHIFT

Her success is not your failure. Let other women's success show you what is possible, and measure your progress against where you started.

A QUESTION TO CARRY WITH YOU

“How far have I come, and what am I proud of?”

06

CONFIDENCE KILLER 6 OF 7

Over-Giving

Saying yes to everyone but yourself.

WHAT IT IS

Over-giving is offering more time, energy, or discounts than is healthy or fair, often to prove your value or keep others comfortable. It can look like generosity, yet it quietly teaches others to undervalue you.

HOW IT SHOWS UP

- ◆ You undercharge, overdeliver, and feel resentful afterward.
- ◆ You say yes when you mean no.
- ◆ You are the first to help and the last to ask for help.

WHAT IT COSTS YOU

- Income* You work harder for less than your expertise is worth.
- Love* You keep giving in relationships that do not give back.
- Joy* Exhaustion leaves no room for what lights you up.

THE SHIFT

Your value does not depend on how much you give. Generosity is healthiest when it includes you.

A QUESTION TO CARRY WITH YOU

“Where can I give myself the same care I give everyone else?”

07

CONFIDENCE KILLER 7 OF 7

Self-Sabotage

Pulling back right before the breakthrough.

WHAT IT IS

Self-sabotage happens when part of you wants success and another part of you fears it. Just as something good comes within reach, you delay, withdraw, or find a reason it will not work.

HOW IT SHOWS UP

- ◆ You procrastinate on the work that matters most.
- ◆ You lose momentum right before a launch, a promotion, or a commitment.
- ◆ You create conflict or distance when things are going well.

WHAT IT COSTS YOU

- Income* You stop just short of the opportunities you have worked for.
- Love* You push away the people who are good for you.
- Joy* Success feels unsafe, so you keep it at arm's length.

THE SHIFT

Self-sabotage is often protection, not failure. When you recognize the fear underneath it, you can choose differently and let good things stay.

A QUESTION TO CARRY WITH YOU

“What am I ready to welcome into my life now?”

Recognizing them is the beginning. *Overcoming them is the comeback.*

The Confidence Comeback Code shows you how to overcome these patterns fully. Through the five-step Transcend Framework™, you will rebuild the three pillars of confidence (self-acceptance, courage, and self-efficacy), so you can create greater prosperity and more joy.

THE BOOK

The Confidence Comeback Code

Releases January 16, 2027. Your Kindle preorder arrives on release day, along with access to the Confidence Comeback Score™.

FREE TRAINING

The Confidence Comeback Code™ Masterclass

A free 60-minute training with Dr. Marianne.
[Save your free spot.](#)



ABOUT THE AUTHOR

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A confidence and prosperity strategist, award-winning social and behavioral scientist, keynote speaker, and international bestselling author, Dr. Marianne brings nearly two decades of professional practice, and research as a social and behavioral scientist, together with a decade of coaching high-achieving women. Her career spans Deloitte, UNICEF, Harvard-affiliated hospitals, the pharmaceutical industry, and the U.S. Federal Government. She is happily married to a Harvard-trained physician, and together they are raising three children.

EDUCATION

DrPH, Delta Omega Honors University of Texas

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Your comeback begins with confidence™.

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