How to

Post Confidently & Have Fun Doing It

MOVE PAST OVERTHINKING, FEAR OF JUDGMENT & SEEKING VALIDATION

Anina Alvarez

Introduction: How It All Started

Before I share my tips and suggestions, I want to tell you how this all started for me. I think knowing the beginning of how I started sharing my journey online — and what I discovered along the way — will give more context to the advice I'm about to share.

Back in the spring/summer of 2020, I decided I was going to give up alcohol and share my sobriety journey online, starting on my 29th birthday in September. At the time, I don't remember feeling doubt or overthinking it. I just knew I wanted to stop drinking and share my journey publicly.

I began brainstorming ideas for how I wanted to do this. My initial plan included starting a new Instagram page and either blogging or vlogging. I set up the Instagram page and it started to get some traction. But I quickly got stuck deciding: should I write about my journey or create videos?

I researched the pros and cons of blogging vs. vlogging. In the end, I went with blogging because I thought creating videos would be harder — I'd probably mess up talking and have to re-record over and over. With writing, I could just edit as I went.

So I purchased a domain name and got to work on building my website. But a little while in, it got hard, and I found myself feeling annoyed with the process of learning how to build a basic website where I only wanted an "About Me" and blog posts section. Eventually, some time passed, and I got it done.

Here is where the story gets a little funny. I purchased a domain name that I loved and that perfectly captured what I was going to be sharing — but then I decided I wanted to change it. Can you notice the back and forth I was going through? Yep! Guess what I did? I called the hosting company and requested a change. I switched it to something with my name because I thought to myself, "Maybe down the line I'll want to rebrand, and my name could just go with the change" instead of holding onto a domain that would only capture a certain part of my journey.

Remember how I started a new Instagram account? Well, I also decided that I was going to delete that one and stick to sharing my journey on my personal account. Funny, right? I made the announcement on my new account and re-directed people to my personal account. I did this because I found myself either sharing or wanting to share what I was posting on my new account to my personal account anyway.

Finally, September 12, 2020 arrived. I posted on my personal account that I was giving up alcohol for one year, that I'd be sharing the journey openly, and that I'd launched a new blog.

Through the process of starting my blog and sharing my sobriety journey, I came across some challenges. These are challenges I'll be sharing in this guide, along with how I dealt with them, in hopes that it will help you share your first post or post more confidently. Plus, I'll include other tips at the end.

These are the pictures I shared on my public personal social media accounts during my 1ˢᵗ year of sobriety.

Three Challenges I Faced When I Started Sharing My Journey Online

My 1st Challenge:
The Back & Forth with Overthinking

As you read earlier, I had a bit of a back and forth with blogging vs. vlogging, my domain names, and my social media accounts.

How I Dealt With It: Making a Decision

At the time, I didn't realize it, but looking back now, I can see that it was okay that I had that back and forth along with overthinking. What mattered was that I ultimately made a choice and went with it.

Sure, there were times I changed my mind about certain things, but I still made a decision and figured it out afterwards.

My Advice for You: Make a Choice

If you're stuck in the back and forth like I was — whether it's which outlet or platform to use, what domain name to go with, or if you should use your personal account or start a new one — my advice is to do your research.

But do your research in a way that's healthy and helpful, not in a way that will keep you stuck. What do I mean by that? Look online, see what others are saying, take notes, and reflect.

Yes, all of this may feel like a stretch, but ask yourself: What do I feel most comfortable with? What feels the most true and authentic to me?

After you've done that, pick whatever aligns best with you. This means you'll have to let go of the other ideas for now. But it doesn't mean you can't go back to them later. Maybe you'll use those ideas someday, or maybe not — and that's okay.

The important thing is learning to be okay with making a decision now and sticking with it, even if you don't feel 100% sure.

My 2nd Challenge:
Worrying What Others Were Thinking

After about 3 months of sharing my sobriety journey publicly, I began worrying about what other people were thinking of me. Remember, I had decided to share my journey on my personal account, which meant people who knew me in real life saw everything I was sharing and the changes I was going through.

I began having thoughts like:

- What if people think I am preaching to them?
- What if people think I am or will judge them for their drinking?

How I Dealt With It: Still Posting Despite What Others Were Thinking

I told myself something along the lines of:

I am not here to preach but to share my journey, and if it touches a nerve for someone, then that shows the nature of their own relationship to alcohol — and it has nothing to do with what I decide to put out there. And if my journey inspires or helps someone, great! *Either way, I am here to share my journey simply because I want to and because I enjoy it.*

After that, I decided to post these thoughts in a caption under a picture with me wearing my "sober babe" shirt. And, guess what? I got a lot of engagement and support on that post!

My Advice For You: Don't Allow What Others Think To Hold You Back

If worrying about what other people may think of you is holding you back from creating and posting, my advice to you is to not allow their thoughts to hold you back!

Yes, it's that simple! Validate your worries, but make a decision that you will post anyway — because you want to or for whatever your reason is!

Are you really going to allow someone's thoughts — possible thoughts at that — to hold you back from living the life you want?

And I know this guide is about posting, but you are here because there is something you want to do in your life, and at this time, it's sharing something (art, writing, your journey, story, etc.) online. But you are concerned about what someone else might think of you.

I don't mean to sound harsh or judgy. My goal is to help you understand that when you allow what other people may think of you to hold you back, you prevent yourself from having the experience you want to live.

And is that how you want to live your life — not doing what you want because you are being dictated by someone's possible thoughts of you?

As someone who struggles with social anxiety, I get it! Trust me! I still struggle with worrying about what other people are thinking about me in other areas of my life. But I don't let it hold me back from doing the things I want or need to do.

All that to say, it may not be about "not caring" or trying to "get rid" of those thoughts about what other people may be thinking, but about allowing those thoughts to be there and still choosing to live the life you want — and, in this case, posting what you want to share online!

Finally, ask yourself what you will miss out on if you keep allowing what others may think of you to hold you back from posting. And if you have a desire to help others, who will miss out on what you have to offer just because you are so worried about what others may think?

It's not worth living your life based on people's possible opinions of you.

My 3rd Challenge:
Seeking Validation

As I list "seeking validation" as a challenge for me, I'm reflecting on how this was a barrier for me as it relates to posting. Truthfully, I'm not entirely sure how it was, because no matter how much I would spiral looking for validation on social media, I kept posting. With that being said, I'm going to share what came up for me in seeking validation on social media and how I dealt with it. And if it resonates with you, great — take what you need and leave the rest. I'm sure this may be a reason people hold themselves back from posting online.

I think social media definitely heightened my need for validation. And let me tell you — it sure did! Like many of us, not getting as much engagement when I posted at times did bother me. But what really hit a nerve was when I noticed certain people either not engaging or stopping their engagement with what I was sharing. And these were people I either really liked, cared about, or valued — people I felt connected with, even if I had never met some of them. Honestly, this made me spiral. Yep, it was that bad for me.

How I Dealt With It: Validating Myself & Letting Go of Self-Judgment

Because I struggled with this, throughout my time sharing my journey online, I've taken breaks from social media — multiple breaks over the past five years. When I come back, I realize that I care a little less about the metrics.

I think social media breaks can allow you to process and reflect on what's going on internally. For me, not only did I start caring less about the numbers, but I also began to let go of the self-judgment I had about needing validation from people. My problem wasn't only that I needed validation — it was also that I judged myself for needing it. Through this, I learned about self-acceptance and how to validate myself.

Today, I'm in a better place. When I post and don't get much engagement, sure, it stings a tiny bit — but afterwards, I look at my post with enjoyment simply because of what I created.

Quote Highlight:

Social media breaks can allow you to process and reflect on what's going on internally.

My Advice For You: Take Time Away From Social Media & Reflect

If your need for validation is preventing you from posting online, take a break or multiple breaks. I believe creating space between social media and yourself can help you reflect, heal, and find healthy ways to validate yourself. Who knows — those breaks you take may help you care a bit less about the metrics every time you return.

During your time off from social media, I encourage you to:

- Journal about what's coming up for you as it relates to seeking validation from social media.
- Talk with someone you trust or find professional help.
- Find a healthy outlet to continue expressing yourself (drawing, painting, dancing, or your blog/vlog — even if you don't promote it on social media).
- Normalize your need for validation.

When you return to social media after your break, notice how you feel. When you create and share something, you might still look for the engagement but also look at your own posts with enjoyment of what you just created.

Quote Highlight:

Who knows — those breaks you take may help you care a bit less about the metrics every time you return.

What Keeps Me Going — and Maybe It Can Help You

Creativity is something I thought other people had, not me. But through giving up alcohol and starting a blog back in 2020, I discovered my interest in writing and was able to tap into other forms of creativity.

Discovering my creativity and the enjoyment of expressing myself is what I think has kept me on this journey of putting myself out there online.

And I think this is the key that could help you put yourself out there online.

Instead of being stuck in indecision, view it as an opportunity to try something new and experiment.

Instead of worrying about what others may be thinking of you, focus on your own desires to create, self-express, and share.

Instead of worrying about the metrics, focus on the enjoyment you experience from the process of creating and sharing.

Overall, no matter the challenges I experienced with creating content and sharing my journey on social media, I had fun because I genuinely enjoy creating and sharing! Honestly, I think this is the important thing to lean on. If you have an idea in your heart that you want to share, just do it!

Find enjoyment in the creating process. I'm not saying this to override your fear, but more so to use the joy we get from creating and expressing what is in our hearts as a way to start and keep going.

How I Find The Fun In Creating

The analogy that comes to mind to describe the kind of enjoyment I get out of creating and sharing is a kid with a new toy.

A kid with a new toy gets lost and interested in what they have in their hands.

And oftentimes, with new toys, they use their imagination and creativity to have fun.

And I think for me, this is what it feels like while I create.

I'm just having fun or finding some kind of enjoyment in writing, creating, recording, editing, and dancing while making reels to express myself. It's like all these outlets — such as my blog and my social media accounts — are my toys, and I'm using my creativity to share what's in my heart or what I'm experiencing in life.

Adding onto the analogy, a kid with a new toy might feel disappointed when it's time to clean up or when other kids don't want to play. In a similar way, when we share or create online, we might feel that same disappointment when things don't go our way or when we don't get the engagement we hoped for.

But it's important to remember that these feelings are normal, and it's okay for them to come up — as long as you process them and keep going (and, of course, take breaks as needed).

So instead of seeing putting yourself out there on social media as a scary thing, view it as an opportunity to have fun — like a kid with a new toy.

Allow yourself to imagine.
Allow yourself to create.
Allow yourself to express.
Allow yourself to find enjoyment in the process.
Allow yourself to have fun.
Allow yourself to look at what you created with awe.
And be proud of what you created.

In Summary

- Make a choice when you find yourself overthinking.

- Create and share what you want despite what other people may think. Remember, you are living your life, not them.

- When the metrics of social media start to affect you, take a step back and reflect.

- Instead of trying to fix or get rid of the fear of posting, do it scared. Over time, those feelings of fear and nervousness will decrease.

- Most importantly, have fun in the creative process and in expressing yourself or your ideas.

Possible FAQs From People Who Are Scared To Post

These are questions I imagine someone who is scared to post might ask to someone who posts confidently, along with my personal responses to each:

How do you stop overthinking everything before you post?
First, you need to be self-aware to catch yourself overthinking. Then, ask yourself how much time you want to spend overthinking what you're about to post. It's never going to be perfect. Eventually you have to make a choice. The more time you spend overthinking and overanalyzing, the more time your content will stay stuck in the drafts instead of being out in the world to be seen and received.

What's your advice for handling negative comments or trolls?
Thankfully, I have not gotten many negative comments or trolls. Maybe just a few over the past 5 years. When I have, I just delete their comments or block them.

Quote Highlight:

The more time you spend overthinking. . .the more time your content will stay stuck in the drafts instead of being out in the world to be seen and received.

How do you balance being authentic with wanting to grow your audience?

I am still figuring this out. I try to honor what I want to share and how I want to share it—whether that's through a blog post, reel, carousel, or a single static post with a quote or picture. And if I feel pulled toward a trend and I get an idea to go with it, I'll do it. I think maybe it's about knowing what you want to share, how you want to express that, and then noticing what you're drawn to when you see what others are doing, and making it your own. Additionally, I think any creator wants to grow their audience and I definitely would like to have more followers but I also try to honor my own desires and pace in how I show up online and how much I want to be online.

How do you handle not getting likes or comments?

This still stings just a bit for me. At this point, I can acknowledge my own thoughts/feelings about not getting much engagement and learn to be okay with it. I'll look at my own post & eventually be happy I created something. It's about recognizing that it's only human for us to feel bothered when we don't get the likes or comments we expect. So I would say: acknowledge what's coming up for you, validate yourself and the uncomfortable feelings, and then celebrate what you created.

How do you know when a post is "good enough" to share?

Hmmm...I haven't gone through this process much, but I think it's when there is nothing more to add, edit, or revise. That's when I think it's good enough to share. I think it's important to know the difference between trying to perfect it vs. knowing it's missing something. If you're trying to perfect it and there's nothing else to add, then consider pushing yourself to share it as it is. But if you know it's missing something, then edit and revise—just don't get stuck in perfection.

Do you ever worry about what people think, and if so, how do you get past it?

I don't allow other people's thoughts to hold me back from the decisions I want to make. It's that simple. This doesn't mean I don't worry about what others may think—I just don't allow it to dictate what I want to do. It's never perfect, but I do it anyway with the discomfort if it arises.

Quote Highlight:

. . .do it anyway with the discomfort.

What's one thing you wish you'd known before you started posting?

The one thing I wish I knew was that if you already struggle with seeking validation in real life, posting on social media can heighten that need—sometimes to the point where it makes you spiral. I also wish I'd known how deeply social media can affect your mental health, especially as a content creator, since your time on the platform often increases. If you're not intentional about your social media use, it can really affect you.

What has kept you creating and sharing?

I really enjoy creating, sharing, and expressing myself. Yes, I have to keep learning how to manage my relationship with social media, but when it comes down to it, it's been fun and such an outlet for me. While this may be different for you, I think you have to find your why. My why at this moment is to create, share, and express. Your why could be totally different. Find that why and remain grounded in it while staying true to your wants and needs as you post on social media.

Quote Highlight:

Find that why and remain grounded in it while staying true to your wants and needs as you post on social media.

In Conclusion

I really hope this guide was able to provide you with a fresh perspective on how to post confidently and have fun doing it—even if you are overthinking, worrying what others are thinking, and struggling with seeking validation on social media!

I don't consider myself an expert in confidence or how to show up on social media. But I do think sometimes people believe there's a magic secret to starting any kind of dream, goal, or idea—and in this case, how to post more confidently.

What I've come to learn is that there is no magic secret. It's about making the decision to start and finding ways to bring what's in your heart to life, even when there is fear, overthinking, and doubt.

I think for any creator, it really means so much when someone likes, comments, shares, or DMs and engages with your content and in this case, downloads something you created. It means so much to me that you felt called to downloading this for yourself because you felt that I could help in some way. For that, I want to say. . .

Thank you!

P.S – If after reading this, you would a little extra support from me, feel free to book a one time 1:1 free coaching session on my website!

🌐 @

www.aninaalvarez.com
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