

A S S E M B L Y

S E L F - D O U B T

SELF-DOUBT

It's probably fair to say that self-doubt is something that all of us wrestle with.

We all have particular areas where self-doubt runs rampant. It could be doubts about our capabilities, our relationships, our bodies, how we come across.

Whatever it is, I want you to know that to doubt yourself is to be human. There is no escaping it, but we **can** move through it. We can absolutely make it our business to understand self-doubt and create a loving path for ourselves through its murky waters.

As humans, we are wired for a gravitational pull towards feeling and being safe so when self doubt shows up it is often our brains' way of alerting us to some sort of vulnerability or risk. That's why it feels AWFUL! We are literally sensing danger and trying to mitigate it in our brains. We work super hard to avoid or resist that discomfort and how we do that can show up in a bunch of different ways.

I'm going to walk you through some of the ways that self-doubt shows up so you can identify any particular trends that resonate for you. Everyone experiences self-doubt differently and it might even feel confronting to see yourself or your patterns of behaviour in some of these ways I am laying out below, but trust me - there is good news! We don't have to be a slave to self-doubt. We can build a robust tool-kit to ensure that self-doubt doesn't rule us out of living freely and being true to ourselves and our desires. We can have doubts about how we might go about doing something, or doubts about how something might go without turning that into self-doubt. That is a powerful thought, isn't it?

Let's dive in...

SELF-DOUBT

PATTERNS OF SELF-DOUBT

#1 + HIDING & PROCRASTINATING

Self-doubt shows up as hiding like this: Not sharing the thing you have to offer. Never showing your face on social media. Always sharing the work of other people and never your own. Sharing quotes from other people instead of sharing your own thoughts. Skirting around issues that you'd love to be more direct about. Not telling people about your ideas.

Procrastination looks like never getting around to finishing off the thing. Cleaning or scrolling instead of sitting down and doing. Distracting yourself with small tasks instead of tackling the one that you know is going to give you some traction.

Can you think of a time when you have hidden or procrastinated because your self-doubt was kicking in?

#2 + SCARCITY & COMPARISON

Scarcity is brought on by the feeling that there is never enough. Never enough clients. Never enough friends. Never enough space to talk about or do the things you desire because you are convinced someone else has already covered what you want to say or do. Scarcity can morph into jealousy – being resentful of other people and the way they are showing up or making movements. It can also see us clinging tight to what we can control for fear of it going away.

Comparison is another symptom of self-doubt and can show up as being overly aware of other people's work or relationships; checking in on them - either thinking that they are always doing it much better than you could or being hyper critical of them because of your own pain and unmet desires.

Recall a time when your self-doubt showed up as scarcity or comparison. What was the outcome of that feeling or behaviour? Did it strengthen you or wear you out?

SELF-DOUBT

#3 + TRAINING & PERFECTING

Self-doubt can also show up as training and perfecting. With training is almost as if we are guarding ourselves from all angles – covering all of the bases extra extra carefully by taking all the trainings, swotting up with information or getting bogged down in qualifications (that you might not even need). Women are usually always over-qualified for the work they want to do and yet still feel the need to armour up by stacking bag-loads of courses and info under their belt.

Perfecting also works similarly. Instead of moving deeper into what we want to do, we spend endless time agonising over how things look, faffing with websites and copy and houses and filters. Perfecting can sneakily look like we are doing *something* when we are usually just hiding. Training and perfecting are skilful ways that our self-doubt shows up that allows us to try and combat any potential criticism before it might come.

Is there *just one more* training you feel like you need before you move into the thing you really want to do? Have you been withholding an idea or a website or a product/service because you have been perfecting it to death?

#4 + NEGATIVITY & RESENTMENT

Self-doubt can also show up in our attitudes towards things and people. It may show up in how we talk about someone else's work. It may show up in dissecting other people and their ideas; eye-rolling how other people put themselves out there.

It may show up in feeling resentment or annoyance towards your partner or your family or your friends who don't seem to "get you". It may be resentment of people who take up a lot of your time, or who need a lot from you, or maybe don't encourage you.

Self-doubt can damage relationships because we often expect other people to read our minds, to know our desires and advocate for us and when they don't we feel discouraged or deflated, even though we haven't clearly expressed our desires - thus perpetuating the cycle.

***What negativity or resentment are you holding onto right now that is feeding your self-doubt?
How (and to whom) can you express your desires or dreams so can get the support you need?***

SELF-DOUBT

MOVING THROUGH SELF-DOUBT:

Courage loves practice.

That's what I want you to take away from these worksheets.

In order to move through self-doubt and in the direction of growth and courage, we need to be willing to practice. We need to be willing to take a bet on ourselves and try something. We need to be able to operate outside of confidence and certainty as the holy grail for getting going. Confidence and certainty are terrible markers for self-belief because they are so fleeting.

Beautiful self-belief is only built as we resolve to stick our necks out a bit and try. How will we ever know if there is any truth to our self-doubt if we don't test it out? Courage loves practice. It loves momentum.

From a place of practice we get to see real evidence. From there we get to experience the thrill of seeing something happen or work; of making connections and getting support. From there we also get to experience learning and pivoting and evolving our ideas to make them work for us in better, more sustainable ways.

But we only get there if we practice.

What is one thing that your self-doubt has been holding over you lately that you are ready to let go of and move in the direction of courage?

What is something that you are ready to practice or experiment with so you can build those beautiful courage muscles?