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‘Why Do I Keep Doubting Myself?’

Live Workshop
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4 Ways Self Doubt Can Show Up

1. The Prover

“I need to demonstrate that I’m good enough.”

I’ll just work a little harder. I need to prove I can do this. I need to achieve this next thing. I can’t let them down. I need to show them what I’m capable of.

Characterised by:

Pressure, pushing, overworking, striving and feeling like there’s always something else you need to achieve before you can relax.

The Prover needs...

2. The Perfectionist

“If I get it wrong, it means something about me.”

Self-doubt can create an incredibly rigid relationship with getting things right.

I should have known that. It needs to be better. I can’t put this out until it’s perfect. What if they see that I don’t actually know what I’m doing?

Characterised by:

Pressure, rigidity, over-preparing, difficulty making mistakes, fear of being seen getting something wrong and difficulty moving when certainty isn’t available.

The Perfectionist needs...

3. The People-Pleaser

“What if they’re disappointed in me?”

The self-doubt moves outward.

Instead of asking: *What do I think?* She looks around:

What do they think? What do they need? Are they happy with me? Did I upset them? Should I have said yes?

Characterised by:

Looking to others for safety, bending boundaries, over-giving, over-explaining, seeking reassurance and abandoning your own needs, preferences or knowing to keep other people comfortable.

The People-Pleaser needs.....

4. The Overthinker

“I need to be 100% certain before I act.”

This is self-doubt that moves into the mind.

What if...? But what about...? Maybe I should... Let me think about it a little more. Because certainty never arrives, she stays stuck.

Characterised by: Mental activity, analysis, overwhelm, indecision, rumination and difficulty taking action without certainty.

The Overthinker needs.....



Different patterns. Same underlying question.

"Am I enough?"

"Can I trust myself?"

"Will I be okay if I get this wrong?"

Recognising Your Own Patterns

How does self doubt present for you most commonly? Which patterns are most familiar to you?

Identifying The Thoughts of Self Doubt

If I went into your mind and picked out some of the thoughts that are looping that feel stressful, unkind, doubting etc. - what would those be?

Thoughts are not a verdict or an indication of truth.

Reset and Return

When self-doubt gets activated, you don't need to spend hours trying to convince yourself you're confident again.

Use this simple process to acknowledge what's happened, settle the stress around it, reconnect with evidence of your capability, and choose how you want to move forward.

1. FIND THE ORIGIN POINT

What happened? Rather than "Why am I like this?", go back to the moment.

What conversation, experience, feedback, disappointment or setback triggered this?

And: What am I making this mean about me?

2. RESET YOUR BODY

Before trying to create a new belief, process some of the stress around what happened.

You don't need to think your way out of an activated state.

Ways I can reset my body.....

3. LOOK FOR EVIDENCE

Find 3 pieces of evidence from the last two weeks that show you are already capable, valuable, resourceful or enough. If you need to go further back than that, that's fine too.

They don't have to be huge - a difficult conversation you handled well. Something a client thanked you for. A decision you made. Something you followed through on. Something you navigated that wasn't easy.

We aren't creating evidence that you're capable. We're teaching you to notice the evidence that's already there.



4. CHOOSE THE BELIEF YOU WANT TO RETURN TO

I trust myself and my decisions.

I know enough right now.

I am capable.

Who I am and what I offer is enough.

I can handle what comes next.

I believe in myself and my ability to succeed.

Use 'The Ladder Technique' if you need to make these sound more believable.



5. CLOSE THE GAP

If I genuinely believed this, what would I do differently?

And:

What would I stop doing? Would you send the email? Have the conversation? Put yourself forward? Stop checking what everyone else is doing? Stop over-explaining? Stop seeking reassurance? Apply for the opportunity?

Belief → action → evidence → stronger belief.

6. CREATE SPACE TO RETURN

You can't constantly be doing, producing, fixing, achieving and pouring outward and expect to feel deeply connected to your enoughness.

You need moments when you're not proving or producing. Where you are just 'being'.

Today, create one 5-minute pocket of space where you don't consume, achieve or solve anything.

Just sit. Walk. Have your coffee. Look out the window. Breathe.

And notice:

I don't have to earn my enoughness in this moment.

Ways I can create space....

