

# Overcoming Self-Doubt

## Objective

To reduce self-doubt and increase your confidence.

## What to Know

Self-doubt protects you from embarrassment, failure, or heartbreak. But it is driven by fear, and it prevents you from achieving excellence, taking healthy risks, and obtaining what you want. You were not born with self-doubt – young children typically have a high degree of confidence. But by the time you reach adulthood, your natural confidence has been undermined by the opinions of others and by your own experiences.

Self-doubt can feel like overwhelming and intense uncertainty. You may question your abilities and reevaluate what you think you can achieve. It can stop you from trying new things. You can either shut down the doubt or allow it to grow. If you do not address your self-doubt, it can result in:

- procrastination
- “imposter” syndrome
- depression
- anxiety
- low self-esteem
- lack of self-confidence

Here are some tips to help you overcome self-doubt to move forward with increased confidence.

**1. Recite daily affirmations.** Reading daily motivational quotes and reciting positive affirmations can give you encouragement and helps you start your day on a confident note.

**2. Avoid comparing yourself to others.** When you compare yourself to others, you may start believing everyone else has a better life than you – resulting in feeling badly about yourself. Learn to appreciate where you are in life and what you have.

**3. Reflect on past achievements.** If you believe you cannot achieve anything, consider your past achievements, which serve as proof that you can achieve anything you put your mind to.

**4. Be kind to yourself.** You will make mistakes and fail. Avoid beating yourself up and view mistakes and failures as valuable life lessons.

**5. Identify when you began to doubt yourself.** Spend time considering your past to identify when and why you started to have self-doubt. You may need the help of a therapist or counselor.

**6. Take a break from social media.** You may believe what you see on social media is real. But people only show what they want others to know – which are the best parts of their lives. If you focus on others’ successes, you may end up feeling like you are not good enough.

**7. Journal.** As you put your thoughts down on paper (or in a digital journal), you will get new insights and view situations from a different perspective. A journal can also help you observe and track your behavior, allowing you to detect patterns or events that trigger self-doubt.

**8. Ask for help.** Talk to trusted friends or family members about how you feel. They can offer you alternative perspectives and remind you of how awesome you are! Surround yourself with positive and supportive people who will help you when you are down and keep you motivated.

**9. Let go of the past.** Do you replay in your mind an embarrassing encounter or failure that happened years ago? When you focus on such memories, you may begin to doubt yourself and lose motivation. Master the art of letting go of the past and forgiving yourself. Your past experiences do not define you – or your present and future.

**10. Embrace failure.** If you are afraid to fail, you may not try anything new. Failure helps you learn and grow. When you do fail, learn from it, and try again.

**11. Change your self-talk.** Stop believing everything your inner critic says. Argue with it and replace negative self-talk with positive and affirming statements.

**12. Give more power to your desires than to your fears.** When you are more afraid of what you are going to miss out on than the negative consequences of failure, your life can change dramatically.

**13. Take action.** Choose to stop making excuses and begin working toward real, actionable goals. Start small, and the more you achieve, the more you will build confidence and eliminate self-doubt.

This worksheet will help you reduce self-doubt and increase your confidence.

### **What to Do**

Why do you doubt yourself? Did it come on suddenly, or is it something you have struggled with most of your life? Explain.

---

---

---

What triggers your self-doubt?

---

---

---

Examine your limiting beliefs and identify what is holding you back. Be specific!

---

---

---

---

---

---

---

Do one thing each day to overcome your self-doubt. Use the suggestions from the list above or come up with your own ideas. Small steps count! Record your progress on the chart below for the next two weeks. Note the date and the activity you did that day. Write one sentence about how it reduced your self-doubt (be specific!). Finally, write down any patterns or triggers related to self-doubt you noticed that day.

Date	What did you do?	How did it reduce your self-doubt?	Note any patterns or triggers

Date	What did you do?	How did it reduce your self-doubt?	Patterns or triggers

Did this activity reduce your self-doubt? Why or why not?

---

---

---

### Reflection on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

---

---

---