

Breaking Down Doubt

We all face self-doubt at some point in our lives. We doubt that we are capable, we doubt we are strong enough, we doubt we are talented enough, we doubt that we are smart enough. It can lead to a vicious cycle of overthinking and dwelling on what we perceive as faults and failings.

When we choose to sit down with that doubt, we can put it in perspective. It can help us differentiate between doubt caused by us underestimating ourselves and doubt caused by a lack of experience or knowledge.

Use this worksheet as a starting point to articulate your doubt and plan out how to address it. Visualizing your doubt can help you take a step back and critically think about it.

Doubt	Reason for Doubt	Doubt in Perspective	Next steps
<p><i>Put a short summary, just a sentence or two, describing the doubt.</i></p> <p>Question Prompt <i>If I had to describe my doubt to someone else, what would I say?</i></p>	<p><i>Think about where this doubt came from.</i></p> <p>Question Prompts <i>Why did this make me doubt my ability? Has something similar made me doubt myself before?</i></p>	<p><i>Be as objective as possible and think if this doubt is from you underestimating yourself or if this is something that you can learn from and work on.</i></p> <p>Question Prompts <i>Have I done something similar? Is this something new to me?</i></p>	<p><i>Gives yourself some ideas of what you can do to address your doubt</i></p> <p>Question Prompts <i>If this doubt is due to me underestimating myself, how can I keep track of my accomplishments and skills to be more aware of my ability? If this doubt is due to a lack of experience or knowledge, how can I work on building that up?</i></p>
<p>Example My co-worker put together a much better presentation than I could have.</p>	<p>The presentation was visually engaging, it was easy to follow, and information was distilled in a useful way. I don't feel that my presentations are this put together or interesting.</p>	<p>I probably could not have done a presentation similar to my co-worker, I tend to stick to one type of presentation as I get nervous about making big changes to the template I am comfortable using</p>	<p>Talk to my co-worker and learn from them how they put their presentations together.</p> <p>Research other presentation templates and have a few ready to use the next time I present.</p>
<p>Example I feel I am not good at my hobby</p>	<p>When I see other people's works online I can't help but compare and mine are not nearly as good as others are.</p>	<p>There are people who have been doing my hobby for years more than me, they have built up their skills and it makes sense they would be better than me.</p> <p>My hobby is about enjoying myself, not trying to be the best in this field.</p>	<p>Be more aware of the time I am spending on social media looking at what others have made. Take note of what I like, what techniques I want to learn, but don't dwell on feeling mine are not as good.</p>

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