

Overcoming Self-Doubt

JOURNALING PROMPTS TO MOVE YOU THROUGH THE SELF-DOUBTING THOUGHTS
ANYTIME IT ARISES

SELF-DOUBT IS A SNEAKY LITTLE MONSTER THAT APPEARS IN YOUR HEAD AS A SILENT VOICE (*USUALLY A VERY CRITICAL ONE*) AND STARTS WRESTLING WITH YOUR CONFIDENCE AND TARGETS YOUR INSECURITIES AND WORST FEARS. WRITING DOWN SELF-DOUBTING THOUGHTS IS A GREAT WAY TO RECOGNIZE, ACKNOWLEDGE AND CHANGE THE WAY YOU THINK ABOUT YOURSELF. THIS TEMPLATE CAN BE USED AT ANY TIME YOU HAVE SELF-DOUBTING THOUGHTS.

WHAT SELF-DOUBTING THOUGHT ARE YOU HAVING RIGHT NOW?

WHAT FEELINGS DOES THIS THOUGHT CREATE? WHERE IN THE BODY DO YOU STORE THOSE FEELINGS?

WHAT THOUGHTS WOULD YOU LIKE TO HAVE?

IMAGINE AND WRITE DOWN WHAT IT FEELS LIKE TO HAVE THOSE THOUGHTS. WHAT WOULD YOU DO RIGHT NOW IF YOU WOULD HAVE THOSE THOUGHTS?

WHAT CAN YOU DO RIGHT NOW TO STEP CLOSER TO WHAT YOU WANT TO FEEL?

THINK ABOUT THIS - ARE YOU REALLY THAT FAR AWAY FROM THE THOUGHTS YOU WANT TO HAVE? COLLECT EVIDENCE ABOUT THE TIMES WHEN YOU'VE DONE SOMETHING YOU THOUGHT YOU AREN'T CAPABLE OF.