

HEALING SELF DOUBT



Living a life driven by self-doubt is not a pretty picture. It causes you to play small; feel small, and accomplish much less than you know, deep down, that you could. Can you imagine the freedom of a life less driven by self-doubt?

Know that change doesn't happen overnight. You may have been listening to the voices of self-doubt for many years, so changing ingrained patterns will likely take time. Here are a few suggestions to help loosen the grip of self-doubt.

Awareness. Become more aware of the thoughts, beliefs, or voices that you listen to. Some of them can be relatively easy to pick out. Some are much more subtle and harder to pinpoint. Paying closer attention and then focusing on more supportive thoughts will help! Remember 'self doubt indulged soon becomes self doubt realized.' (Frances Havergal)

Set your heart on who, and how, you want to be. Develop an image of the quality of person you want to be. Keep in mind the qualities you most admire and strive to emulate. At times of choice, ask yourself how this new you would handle the situation.

Honor your already fine qualities. Make a list of the qualities you already appreciate, your accomplishments, what others compliment you on, what you are grateful for. For many of us, this can be a challenge, but it's an important one. Honor yourself by owning these qualities. Keep a list of three or four of these that you can pull out when self-doubt starts creeping in.

Breach your comfort zone. Each time you take actions that move you outside your comfort zone, you gain strength and confidence. Be sure to acknowledge the step, too! Many of us have the tendency to minimize our accomplishments, but now is the time we need to build up those self-appreciation muscles!

If listening to self-doubt has been a lifelong habit, be gentle with yourself. Healing begins with the willingness to be more compassionate with yourself. Being patient and persistent will reap great rewards.

What's that you say? I love to hear from you, and I read every email personally, even when I can't reply to all of them. Send your thoughts to kamala@vibrantlyalivewomen.com or visit my blog: www.vibrantlyalivewomen.com to add your comments! And if you prefer not to be quoted in a future article, just let me know.

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