



Managing Self-Doubt

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How Self-Doubt & Fear Work Hand In Hand

Let's talk about self-doubt and fear and what they have to do with each other. They are much more closely related than you may think. Fear is behind all our feelings of self-doubt and that's an important thing to realize.

Let me explain. Self-doubt is the lack of confidence in yourself and your abilities. And that lack of confidence is usually caused by fear. Fear of not being good enough. Fear of not being able to do things right. Fear of not being able to see things through to the end. Fear of messing up. Fear of disappointing or hurting those around us. Fear of being ridiculed or laughed at.

If you think about all the different times you've seriously doubted yourself, you will likely find fear the root of the problem. It stands to reason then, that if we can remove the fear – or work through it – we can also stop the self-doubt... and get productive.

But how do we go about removing or at least reducing the fear? We do it by boosting confidence, by improving our abilities, and particularly by facing our fears and working through them. Let's look at each of these "action items" one at a time.

When your fear stems from a lack of self-esteem, work on boosting that. Things that boost self-esteem include praise, reflection, and positive reinforcement. Something you can do is to find a cheerleader that will cheer you on and give you the praise and compliments you need.

A journal is a great tool for reflecting on how far you've come and how much you've already accomplished. For positive reinforcement, start taking action on some easy tasks. Get them done and use the momentum to continue to propel you forward. Give these ideas a try and watch your confidence and self-esteem grow.

If your fear stems from not knowing how to do something, the solution is easy. Go and learn how to do it. Find a teacher, a book, a course, or a YouTube video and move on.

Facing your fear is the hardest thing to do on this short little list. It's also the most powerful. The key is to define your fear. Figure out exactly what it is that you're afraid of. It will seem much less scary once you define it. Once you know this, you can start to work through your fear, which in itself is a huge confidence booster.

Start chipping away at that fear, improving your self-worth and your self-confidence along the way and self-doubt will soon be a think of the past.

Don't Let Self-Doubt Keep You From Reaching Your Goals

Self-Doubt is the lack of confidence in yourself and your abilities. And it can keep you from doing the things you want to do and it can keep you from reaching the goals you've set for yourself. In fact, it can be quite paralyzing, keeping you from moving forward. And who likes to be stuck where they are at – particularly when you're not very happy about where you are at.

But what can you do when you're doubting yourself? It's simple and the solution is found in the first sentence of this post, which is a definition of self-doubt. The key to banishing those doubtful feelings and the little voice in your head that tells you that it can't be done is confidence.

The key then is to boost your confidence. And you can do that in a multitude of ways. I find it helps to find something that closely relates to whatever it is you're trying to accomplish.

Sometimes looking back at how far you've come and how much you've accomplished can be huge confidence booster. This works well if you're already working on something, but are afraid to take the next step. Seeing everything you've already done may give you just the boost of self-confidence you need to keep doubt at bay.

Finding your own personal cheerleader and advisor or mentor can also be helpful. If this person knows something about what you're trying to do, all the better. Having someone there to hold your hand or cheer you on from the sidelines might be just what you need to get going.

Breaking down an overwhelmingly big goal into smaller tasks is also helpful. It doesn't take nearly as much confidence to tackle that one little task. And

completing it builds confidence... which you can then use to work on the next little task. Little by little you'll make progress and eventually reach your goal without having to worry about the big picture the whole time. If overwhelm is an issue for you, this is a great strategy to deploy.

The main thing is to acknowledge the feelings of self-doubt, but not letting them take control over your life. Yes, it's normal to doubt yourself. It happens to all of us. The key is to not let those feelings take over. Instead, do what it takes to get you moving and working towards your goals despite the doubt and the little voice in your head that says that it can't be done. Because guess what... that voice is usually wrong. You're capable of so much more than you think you are. You just need to prove it to yourself.

A Simple Strategy To Manage Self-Doubt

Self-doubt is never fun and can be quite counterproductive.

What do you do when you start to doubt your own abilities to get things done? You deploy this simple three-step strategy, gain the confidence you need, and get to work. Give it a try the next time that little voice in your head that tells you that things can't be done, you're not good enough, or there's no point in trying because there's no way it will work.

Step 1 - Determine What's Causing The Doubt

Before you can do anything about it, you need to find out what's causing your self-doubt. Is it fear? Is it not having enough knowledge? Is it a lack of self-confidence? Spend a little time thinking about why exactly you feel that you can't do this.

This first step is crucial. Don't skim over it... your solutions won't work unless you get down to the root of the problem. Be honest with yourself and dig deep. It is well worth it since this alone will often help and it will make the next two steps much easier to do.

Step 2 - Figure Out What You Can Do About It

Once you know exactly what the problem is, it's time to make a plan for overcoming it. Don't know how to do something? Go find someone that can teach you how to do it, read a book, take a course, or watch a YouTube video. The world is full of knowledge for those who seek it.

Is fear fueling your self-doubts? Face that fear and ask yourself what would happen if you did it anyway. This simple act is often all it takes to gain the confidence to give it a try despite the fear.

Step 3 - Do What You've Set Out To Do

The last step is simple. It's time to take action and get to work. Do something. Do anything. Make some progress and move forward toward reaching your goals. The hardest part is often just getting going and taking those first few steps.

Yet that's all it takes is to get moving and build a little momentum. That's often enough to silence the self-doubt and give you a boost of confidence. And that in turn will keep you going.

Give this simple little 3-Step strategy a try the next time you suffer from self-doubt and see if it works for you.

5 Tips For Getting Things Done Even When You Doubt Yourself

When you doubt yourself, it's hard to take action and get stuff done. In fact, the whole point of self-doubt is to paralyze us into inaction. And that's not a good thing. How do you work through it and get things done even when you doubt yourself? Here are five tips to help you accomplish just that.

Tip #1 – Break It Down

Self-doubt is often caused by overwhelm. The key is to break it down into smaller tasks that you can get done quickly and easily. This builds momentum that helps you tackle the more complicated stuff. And before you know it, you get in a productive day of work, even with the self-doubt.

Tip #2 – Make A List

Once you have your small tasks, write them down on a list and start checking them off as you go along. Lists are another great way to build momentum. We also have a tendency to want to check every item off the list. Use it as a tool to keep going when doubt tries to move you into in-action.

Tip #3 – Look Back

Self-doubt is often fueled by a lack of confidence. To boost your confidence take a look at how far you've come. Grab some photo albums, your journal, your to-do lists from earlier this week. Or just reminisce about the progress you've made in the past weeks, months, and years. No matter how doubtful you feel about the future, looking at the past will show you just how much you're capable of.

Tip #4 – Face Your Worst Fear And Do It Anyway

Sometimes we don't get started on a project or a task because of fear. And the best way to work through that is to face your fear. Imagine the worst possible outcome. By facing it, it already seems less scary. Then get to work anyway. Pick something small, built momentum, and start taking action. Before you know it you will have worked through your fear.

Tip # 5 - Get Some Feedback

There's nothing like some positive feedback and praise to boost your confidence and get you to take action. Ask a friend, a colleague, or a mentor for feedback. Even better ask them to become your cheerleader on days when you doubt yourself and have a hard time getting productive. A kind word is often all it takes to banish those doubts and get back to your happy, productive self.

Give these tips a try and see if they don't help you get out of your funk and back into productive mode. Mix and match them as needed until you're ready to get back to work.

3 Things That Can Cause Self-Doubt

Self-doubt can come in many shapes and forms, but chances are that it's caused by one of these three things. And that's some good information to have. If you know what's causing you to doubt that you can accomplish what you've set out to do, you can work on overcoming it and with it gain the confidence you need to get started.

Lack Of Confidence

The first big reason why you may doubt yourself is that you don't have enough confidence in yourself and what you're doing. A lack of confidence can be a big issue. Realizing that it is a lack of faith in yourself and your abilities that are causing your doubt issues can help you overcome them by working on boosting your confidence.

Lack Of Knowledge Or Experience

Another common reason is that you simply don't have the experience you think you need, or that you don't think you know everything there is to know before you get started on something, apply for that new job, or implement a new strategy in your business. Once you've determined that's the cause of your self-doubt you can work on remedying the situation by learning more, getting help, or gaining the experience you need to feel comfortable getting started.

And Then There Is Fear

Last but not least there is fear. Fear can keep us from doing all sorts of things. It paralyzes us and keeps us from reaching our goals. Whenever you realize that fear is the culprit, do yourself a favor and dig a little deeper. It's not always easy, and it can get a little uncomfortable, but try to get to the root of your fear. What are you

afraid of and where is that fear coming from. That can tell you a lot and show you what you need to do to get over your fear and do what you've set out to do anyway.

For example, if you fear that things will go badly, don't just leave it at some vague fear of the unknown. Instead, force yourself to face your fear and imagine the worst possible outcome. Is it something you can live with if it were to happen? If so, go ahead and get to work. If not, think about what you can do to prevent this worst-case scenario from happening. With that remedied, see if your fear is still paralyzing you. If not move on... if it is, rinse and repeat until you're ready to take action.

There you have it – the three most common causes for self-doubt. Now that you have an idea of what's causing your own doubts in yourself and your abilities, it's time for the next step – working on overcoming the fear, getting the knowledge or experience you need, or boosting your own confidence.