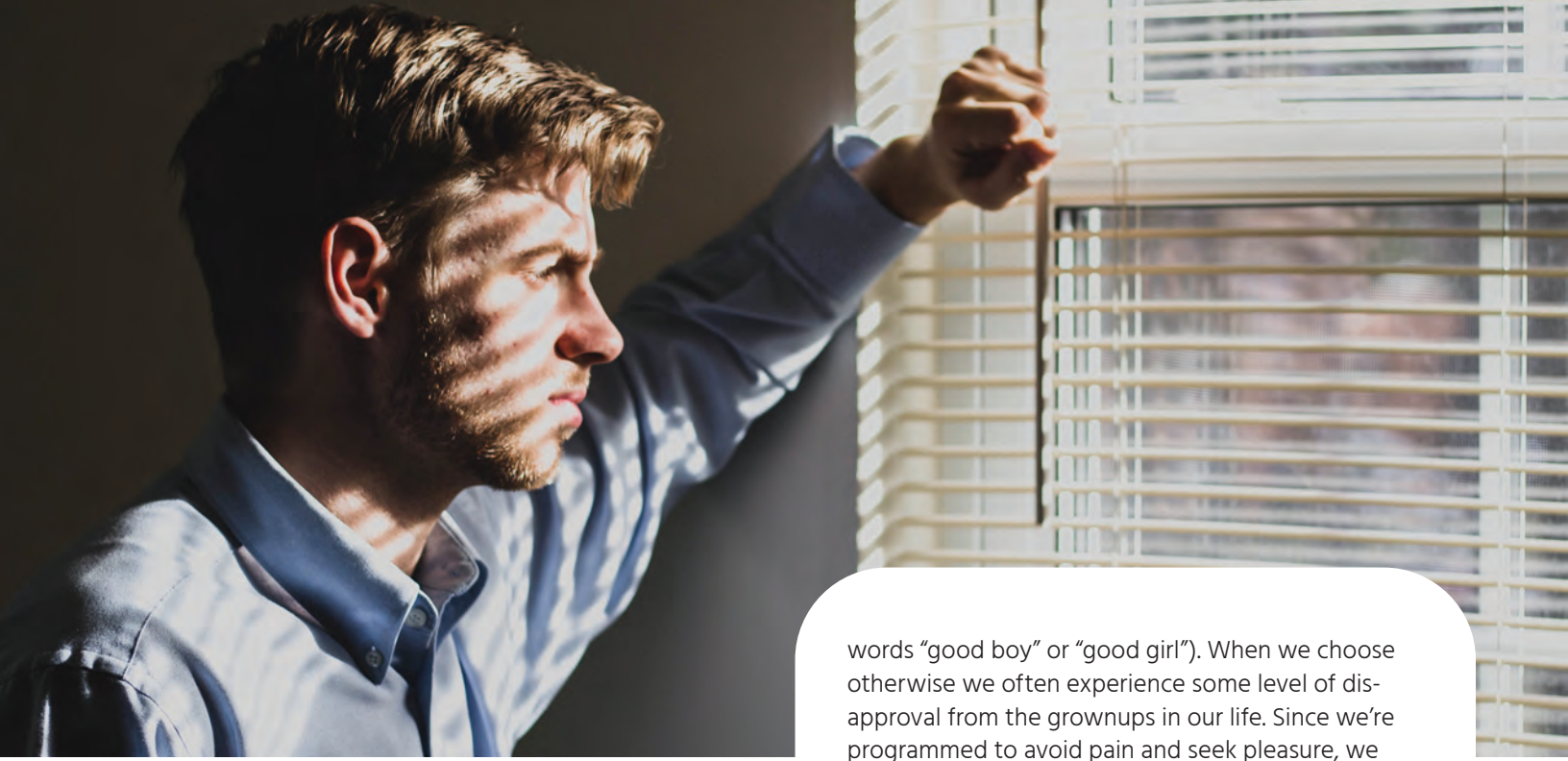


Conquering Self Doubt

COURSE WORKBOOK



PAUL BOEHNKE
Associate Certified Coach



The Origins of Self Doubt

WHEN WE'RE BORN INTO THIS WORLD we enter with a fully formed spirit but a blank slate with respect to how to be human. We've not learned to label or judge. We have no experience of fear or loss. We are simply a manifestation of the energy of life. Everything we do arises naturally and easily from our being. There are no thoughts about good or bad, appropriate or inappropriate. An impulse arises and it's immediately expressed. Life is direct and real. Even if it's at an unconscious level, we know who we are.

As we grow we learn how to interact with the world by watching those around us, primarily our family and especially our parental figures. We learn to label and make judgments. We take on their beliefs about the world, about what's possible and about who we are. Their particular habits of thought, feeling and behaving become our own habits of thought, feeling and behaving. This is completely natural and the way we begin to find our way in this world.

At some point we're confronted with a choice between the beliefs we've been given and the truth we sense in our soul. We quickly discover that we're rewarded for choosing in accordance with the beliefs we've been taught (e.g. a pat on the head with the

words "good boy" or "good girl"). When we choose otherwise we often experience some level of disapproval from the grownups in our life. Since we're programmed to avoid pain and seek pleasure, we learn to think, feel and behave the way others want us to. Though this is completely normal, it is also the beginning of our journey away from our authentic self. As these patterns of thinking, feeling and behaving grow and multiply, we get further from the truth of who we are. A split develops between who we are and how we are. This is the beginning of self doubt.

When our outer life (our work, the way we present ourselves to the world, what we focus on) isn't in sync with our inner life (our values, intuition, the essence of who we are) we find ourselves doubting ourselves. So many of the messages we get from society encourage us to compare ourselves to others. We're presented with images of others and think we should strive for the same things they have and do. We doubt our own desires and begin to think we're not as we should be. Then we practice those thoughts until they become a habit, until they become our beliefs. It's no wonder we feel hemmed in and controlled by the beliefs we unconsciously took on.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." — Ralph Waldo Emerson

Fortunately, there is a way through. The best news is that all the habits of thinking, feeling and behaving we learned are just that — learned. Whatever is learned can be unlearned. This course will help you uncover the roots of the self doubt you feel and give you a powerful process that can turn the voice that argues for your limitations into a champion of your potential.




Patterns

What are some of the thought patterns or habitual thoughts you have when these self doubts arise? After each pattern, mark how you learned this pattern ('A' for adopted, 'R' for rebelled and 'IR' for in response to).

What emotions do you feel most frequently? (Make sure you use emotional words that describe a feeling.) After each pattern, mark how you learned this pattern ('A' for adopted, 'R' for rebelled and 'IR' for in response to).

What are some of your behavioral patterns? After each pattern, mark how you learned this pattern ('A' for adopted, 'R' for rebelled and 'IR' for in response to).

What connections do you see between your habitual thoughts, emotions and behaviors? In what way do they support or encourage each other? What do these connections tell you?



As mentioned in the video, allowing old emotions that have gotten stuck in your body to be expressed is a powerful and important means of releasing the hold these emotions have on you. The psychologist, Carl Jung taught us that what we resist, persists. Meaning that if we resist experiencing an emotion, it persists in our life. The only way to move past it is to release its hold on us by completely feeling the emotion.

Use the space below and on the following page to help you express whatever wants to be expressed. You may write about the emotions these patterns hold. You may draw images, write poems, scribble like mad, anything that will help you dive deeply into the feeling. Allow the emotion to tell you everything it wants you to know. Notice how your body feels experiencing the emotion. Do you feel hot or cold? Is there tension or an uncomfortable feeling somewhere? Notice whatever comes up and simply be present with it. If writing or drawing isn't what you feel will help, then do whatever works for you. Go for a vigorous walk while you think about the emotions and what happened. Stamp your feet or hit a pillow if that's what feels right. The point is to physically do something that encourages whatever emotions are present to be felt and experienced. No holds barred.

Prepare for the next chapter

Before you begin the next video and chapter, pick one self doubt that you want to work on for the rest of the course. You will use this one to complete the next three steps in conquering that self doubt. Write that doubt down here as clearly and succinctly as possible..



MODULE 2: Uncover The Lie

What messages does the inner voice tell you about the self doubt you selected at the end of the previous chapter?

List all you can.

Notice any similarities or themes in the messages above. Combine them into a meta message and write it here.

What are the emotions you feel when you hear this meta message?

What payoff(s) do you experience for thinking this message?

What costs do you experience for thinking this message?

Stop here and listen to the recorded meditation that accompanies this chapter. After listening, proceed to the next page and answer the questions there.

What was the truth spoken by your golden being?

What emotions does this truth evoke in you?

Prepare for the next chapter

Listen this week to how often the false meta message crosses your mind. Notice the different forms it takes and the various lies it comes up with. Give yourself some grace by not dwelling on those messages, but just noticing them. That's the first step in loosening their grip on you. Then state the truth.

Optional: Another way to increase the space between you and your self doubt is to create a physical representation of the self doubt, your inner critic and/or its message. Draw or paint a picture. Create a 3-dimensional version in clay or some other medium, assemble a collage. You could also find something around the house that could represent your inner critic.



MODULE 3: Transforming Self Doubt Into Empowerment

What was the self doubt meta message from page 8?

What was the truth revealed during the last meditation (top of page 9)?

Turn the negative the meta message positive in a way that takes into account the truth from above?

Read the positive alternative out loud a few times. What words or phrases feel somehow off? Craft a refined version that feels better to you. Then refine a few more times until you feel satisfied that the statement is powerful, believable and feels good when you say it. It's important it feels believable to you.

(Refinement 1)

(Refinement 2)

(Refinement 3)

(Refinement 4)

As another alternative, turn the final refinement into a question. Ask your amygdala for evidence of what you want to believe.

Stop here and listen to the meditation for this chapter.

Considering the alternative messages you've created above, write the final, most empowering version below. Refine as needed.

Now turn this latest version of your new message into a statement that begins "I am..." You want to identify the new message as not just your thoughts, but as **who you are**.

"I am..."

Once again, write below the meta message from your self doubt that you wrote on page 8.

IMPORTANT EXERCISE

Stand up. Imagine a line in front of you running from left to right. State your old message of self doubt. Then when you're ready, step over the line and say: "As of today," followed by the "I am..." version of the new message.

"As of today, I am..."

How did it feel to step over the line? What emotions does the new message evoke?

Prepare for the next chapter

Notice what is different for you over the next few days. Get familiar with the feeling of who you are now. Maybe journal about or meditate on what is different. At least two more times this week, state your old message, step over the line and say, “As of today I am...”

If you haven't already, **schedule your first individual coaching session** by clicking the link provided with the video.





What have you ever practiced in the past? Musical instrument, sport, lines from a play, dance, shuffling cards, cooking...

In those times your practicing was successful, who were you being? How did you see yourself?

How can you use that part of you now?

What physical action do you want to associate with your new thought and emotion? Make it something easy to do, something that feels like it supports the energy of the new thought and emotion.

When and where is an easy situation for you to practice?

When and where is a difficult situation for you to practice?

How committed are you to practicing regularly?

Not at all

Nothing will stop me

1 2 3 4 5 6 7 8 9 10

Why did you answer the above question as you did?

If you didn't circle 9 or 10 above, what would need to happen to move you in that direction?

What can you do to remind or encourage yourself to practice?

Homework for coaching session

Fill out following questions before the final individual coaching session.

What roadblocks have you encountered trying to practice?

What was hard? What was easy?

If you haven't already, **schedule your final individual coaching session** by clicking the link provided with the video.



