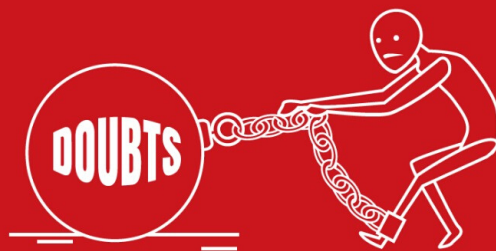


FUNSHEET **SELF DOUBT** AND 5 EFFECTIVE WAYS TO DEAL WITH IT



**ABSOLUTELY
WRITE**
WITH ADITI SURANA

WM
IVM PODCASTS

SELF DOUBT AND 5 EFFECTIVE WAYS TO DEAL WITH IT

*'When you doubt your power,
you give power to your doubt.'*

Self esteem / self confidence =
Your belief in yourself + your belief in your skillset.

Let's talk about:

- *Healthy self doubt*
- *What exactly do you tell yourself when you have unhealthy self doubt?*
- *What stroke in your handwriting talks about it?*
- *5 truly effective ways of dealing with it*

Healthy self doubt:

We all need some amount of doubt in order to **grow**. It is healthy to know that we're not always right. With some amount of self-doubt, we have humility and can relate better to others.

Self doubt:

It becomes a problem when you "**stand in your own way**". You believe that you will never achieve your goals, you don't have the talent or you are not worthy of your position or partner.

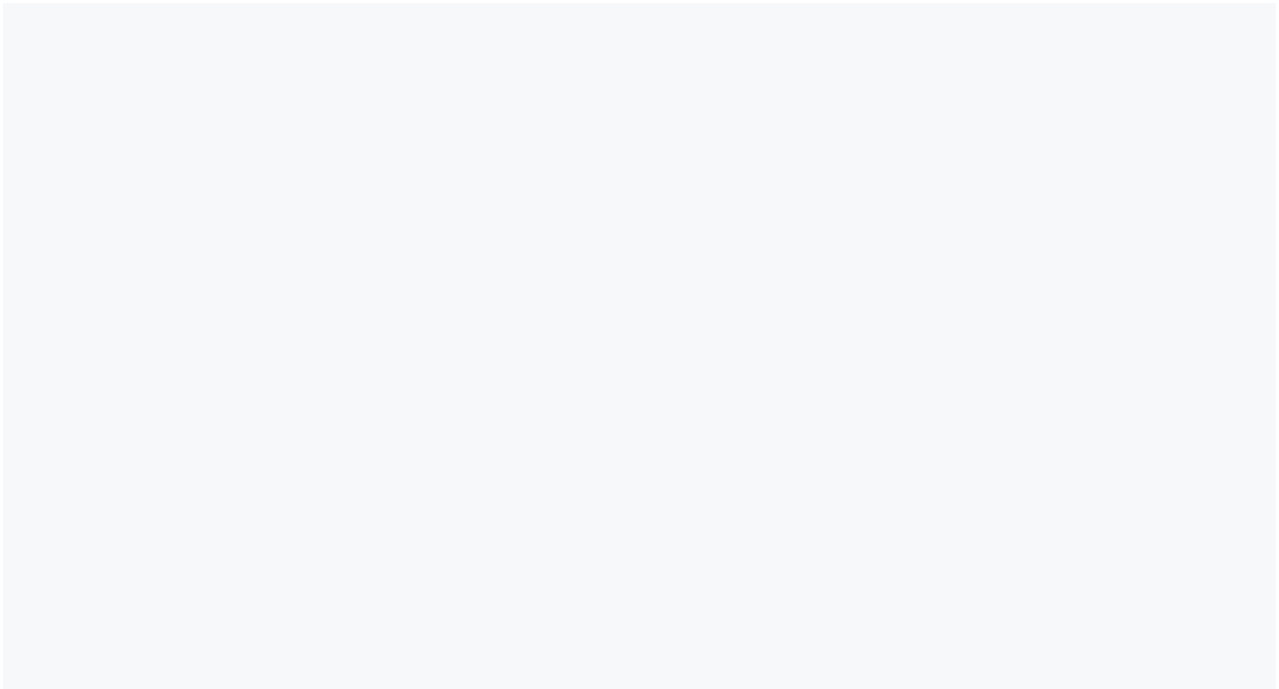
The most important conversation is the one you have with yourself.

When you speak with yourself in the mirror do you use these four phrases?

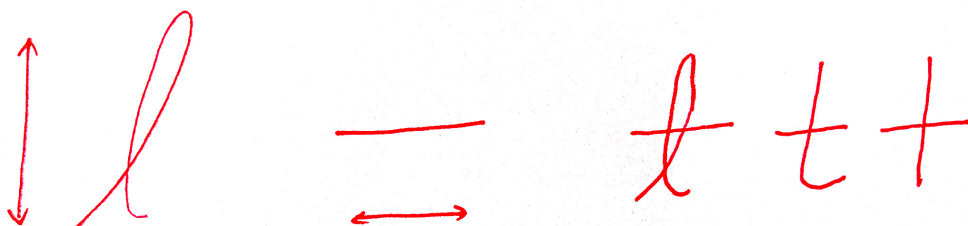
| "I can't" | "I didn't" | "I shouldn't" | "I'm terrible" |
|--|--|--|--|
| The Self-fulfilling Prophecy | Self-sabotaging | The Impostor Syndrome | Lack of Self-kindness |
| When we're convinced we can't, we make less of an effort. Why bother at all? | It emerges from a fear of failure. Reminds you all the ways in which you had failed in the past. | It describes the unreasonable feeling of being a fraud in disguise, with your achievements gotten through luck rather than personal ability or effort. | While we usually are quite supportive and nurturing of friends in need, we tend to be much harsher with ourselves. |

Graphology speaks:

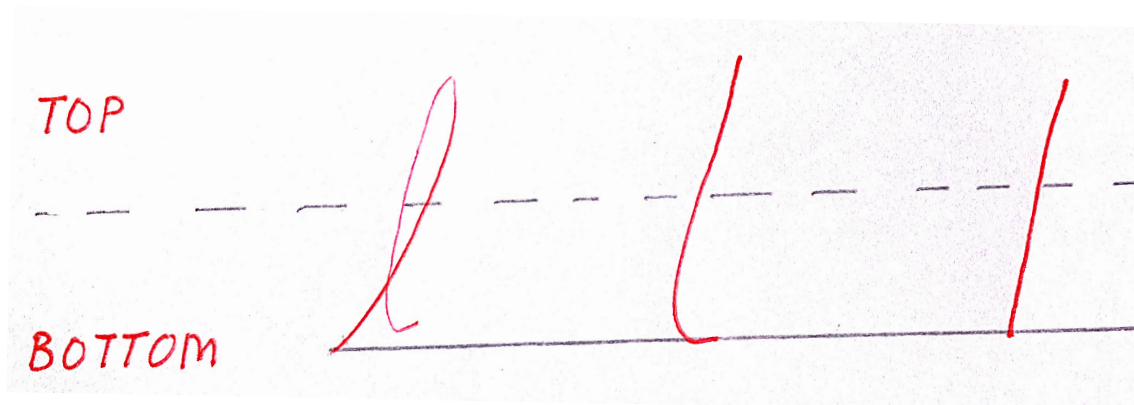
Take a moment to pull out your notebook, diary or any notepad where you have already written something or if that is not handy then write 8-10 lines.



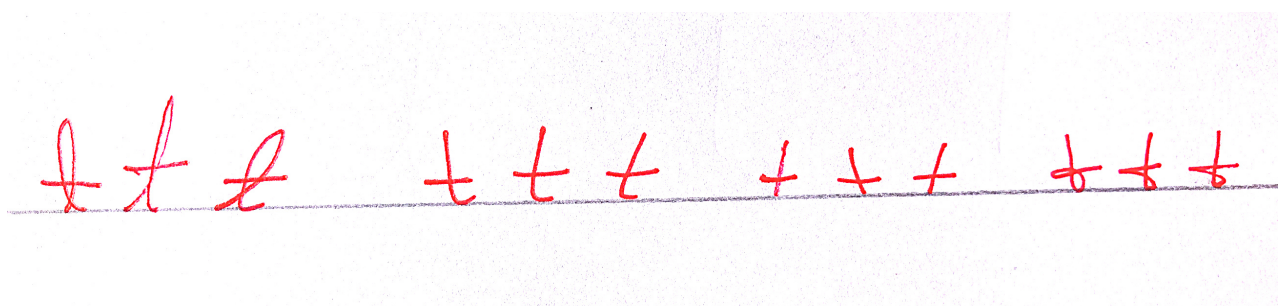
Now look for the **lowercase t**. As you will observe closely, you will know that this letter has two parts: a vertical line and a horizontal line.



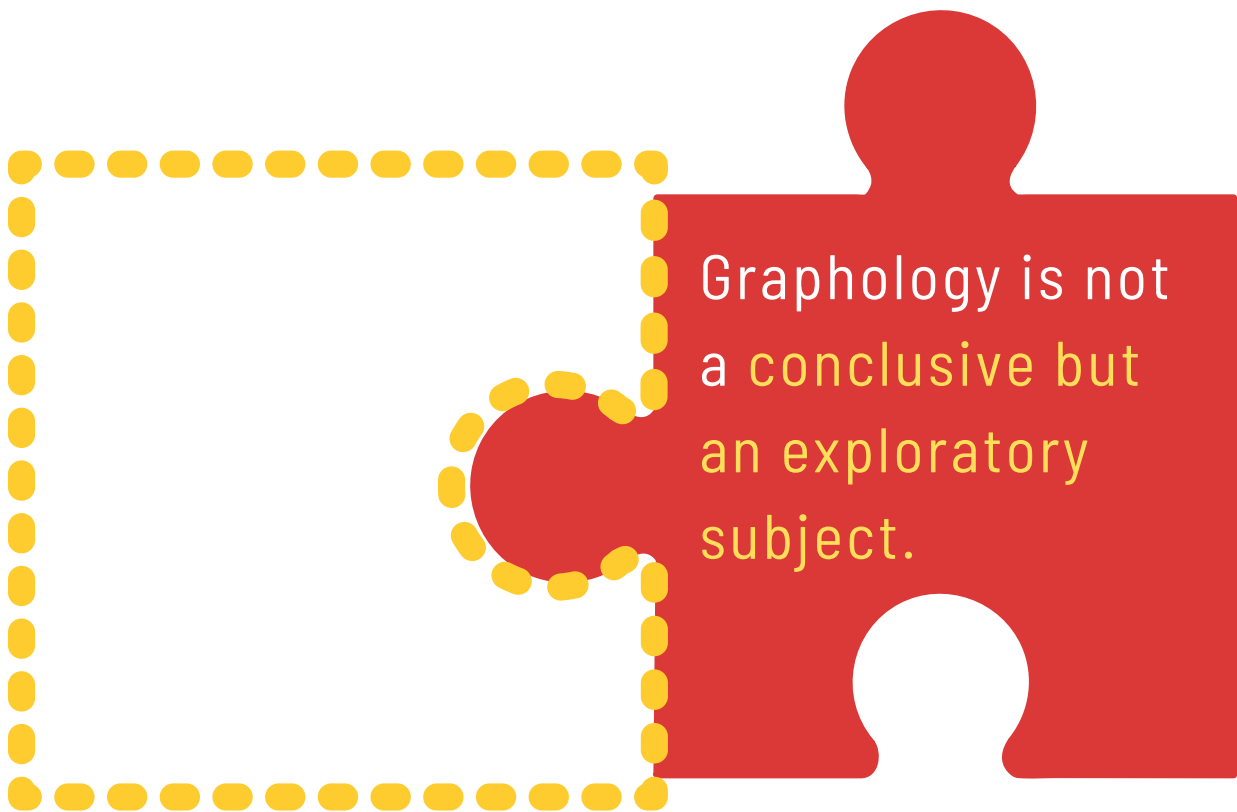
Now look at the vertical line and divide it into two halves. Top half and bottom half.



If the horizontal line is placed in the bottom half then that is a sign of self doubt.



In case you write the letter 't' in multiple styles - Pick any 5 of them and find an average.



What Doesn't Help:

- Positive self-talk,
- Affirmations,
- Visualizations,
- Self prescribed graphotherapy

All of the above **do not work** as they don't get to the _____ of the issue.

Let's look at 5 really effective ways to overcome self doubt:

1. JOURNAL

Assignment for a week:

Take out 15 to 20 mins to journal every day.

Ask any one of these questions and **write whatever comes to your mind**. Do not edit, do not try to be correct. Just write. Observe all your limiting beliefs and how they affect your conversation with yourself.

- **Do you believe that you don't deserve it? Why not?**

- Do you believe that you should not be aiming higher?
Why?

- What would happen if you fail?

2. **FEEL**

Describe one moment of self doubt that can relive.

Observe your body right now as you are thinking about this moment in the past.

Observe - *Where in your body do you feel it?*

Belly

Chest

Back

Any other_____

3. **WHAT IF VERSUS IF WHAT QUESTIONS:**

Most people *give into self doubt by thinking about what ifs - what if I can't do, What if I fail.* Even if or especially when you do not have any answer of how to deal with your doubt, ask questions.

If I accept this challenge, what will change?

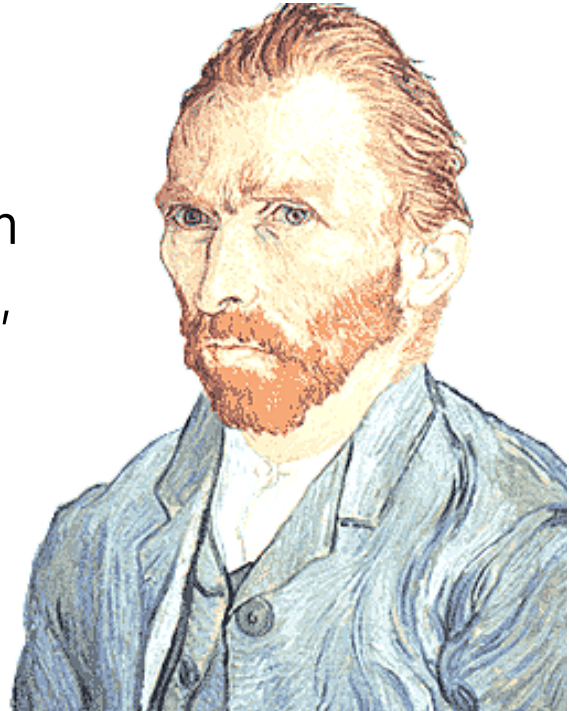
If I can change this situation, what will I choose?

If I choose this project, what will I learn?

4. **TAKE SMALL ACTION:**

“If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced.”

– Vincent Van Gogh



5. **GRAPHOTHERAPY:**

Self-doubt lies either in the past as _____ or in the future as imaginary _____.

Once it becomes a deep routed pattern we keep choosing it unknowingly. It's almost as if we do not have a choice and automatically follow the same path. This happens due to neuro pathways that are created in our brains.

Handwriting shows 90-95% of accuracy as it is a _____ of these nuero-pathways.

LEARN GRAPHOLOGY

WITH ADITI SURANA

WRITE HERE RIGHT NOW ONLINE CLASS

Understand your anxiety patterns.
4 Wednesdays starting 29th July.
3pm to 5pm

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Happy writing!