

The Self-Doubt Maps



Anatomy of Doubt

Doubting ourselves is a natural part of being human. It is our in-built navigational system designed to get us safely through life. We often believe that without Self-Doubt we might lose control or be too much. However, **Self Doubt** is actually only there to protect our ego and to avoid imagined humiliation. It is actually **Self-Regulation**, which is responsible for the free movement of our self-expression as it moves out into the world in the form of something we wish to say, do or be. **Self-Doubt** moves our life energy backwards into ourselves. **Self-Regulation** takes us forward and out into the world.

The movement of life energy

If you tune into your body right now you will probably be able to get a immediate sense of what your energy is doing and in which direction it is moving. Naturally energy moves in different directions but for the purpose of this we'll focus on the forward and backward movement. For example if you feel engaged with these words your energy moves forwards and if you're disengaged it moves away. This movement is unconsciously happening all the time and is often driven by our thoughts and beliefs.

Note - The arrows on the maps illustrate the direction of life energy.

Below are some key traits and characteristics to observe as you navigate through the process -

1. The voices of Self-Doubt and Self-Regulation

Self-Doubt = "I'm an imposter", "I'm not good enough", "I can't handle failure", "There's something wrong with me", "I can't survive rejection", "I can't handle being judged", "I doubt my ability" etc.

Self-Regulation = "I'm allowed to express myself", "I don't need to be perfect", "I can handle uncertainty", "life is a risk", "It's ok to make mistakes", "I've survived this before", "Whatever happens I'll figure it out" etc.

2. The qualities of Self-Doubt and Self-Regulation

Self-Doubt = Withdrawal, Vulnerability, Powerlessness

Self-Regulation = Freedom, Aliveness, Empowerment

3. The directions of life energy

Self-Doubt = A backward movement of energy away from life into self-consciousness and resistance.

Self-Regulation = A forward movement of energy towards life into aliveness and confidence.

Creating the Maps

You are very familiar with the voice of Self-Doubt. However, when starting a map you do not need to identify what you are feeling or experiencing as Self-Doubt. The invitation here is that you can take any difficulty, stress or problem through it. This is because everything in your life that is causing distress has, at it's root, something that you are doubting about yourself.

For example - you are stressed about someone else's behaviour, you say - it's their behaviour that is the cause of my distress. However when you take this situation through the maps it will reveal that your disturbance is actually because of something you believe about yourself - I can't handle conflict, I doubt my goodness, I can't survive disagreements etc.

Each of the following stations is a figuring-out and thought ordering exercise. As such you don't need to get each one totally correct. However, there will be a golden thread describing what's really troubling you. It is this thread that you want to explore in Self-Regulation. For example - I can't handle conflict - explore ways that you can and have handled conflict. It is not about denying the challenges of your life. Instead - in the face of this difficult reality how can I survive?.

- 1. The Situation** - List concrete unemotional facts about what is going on in your life. Once you've described the main difficulty it's helpful to add other aspects, even seemingly unrelated ones, as these may inform the later stations.
- 2. Thoughts, Feelings & Beliefs** - Note how you feel, what you think and believe about the situation. You might add more to this as you go through the maps. These don't need to be directly identified as Self-Doubt. Put anything down that you are experiencing.
- 3. The Initial Goal** - Here you cross over to the righthand side to establish what you would really like - how you would like to feel, how you would like the situation to be different. The arrow between 2 and 3 indicates what is pulling you away from your goal. Always write on this line the words - vulnerability, powerlessness and withdrawal. These are the constant characteristics at the heart of Self-Doubt.
- 4. Self-Doubt** - Identify what you really doubt about yourself as a result of this situation. Start statements with - I doubt my... I can't handle... I can't survive... or I can't bare... At this level it is about survival. The ego is terrified of being diminished. Under this section (4b) explore what you have lost as a result - sleep, peace, money, hope, confidence, trust, joy, freedom etc.
- 5. Self-Regulation** - This is where you have to slow down and dig deep. The other side was easy. Note all the things that have helped you in the past, remind yourself of your past abilities to survive. Focus the main theme that you are most afraid of such as - conflict.
- 6. The Actual Goal** - With the initial goal you easily outlined what you would like to be different. Now see what the deeper goal is within yourself. This might be reframing the conflict, working on what really scares you or challenging your beliefs around it. From here add some simple actions (6b) that you can do right away such as - challenge my beliefs, make a list, send an email etc.

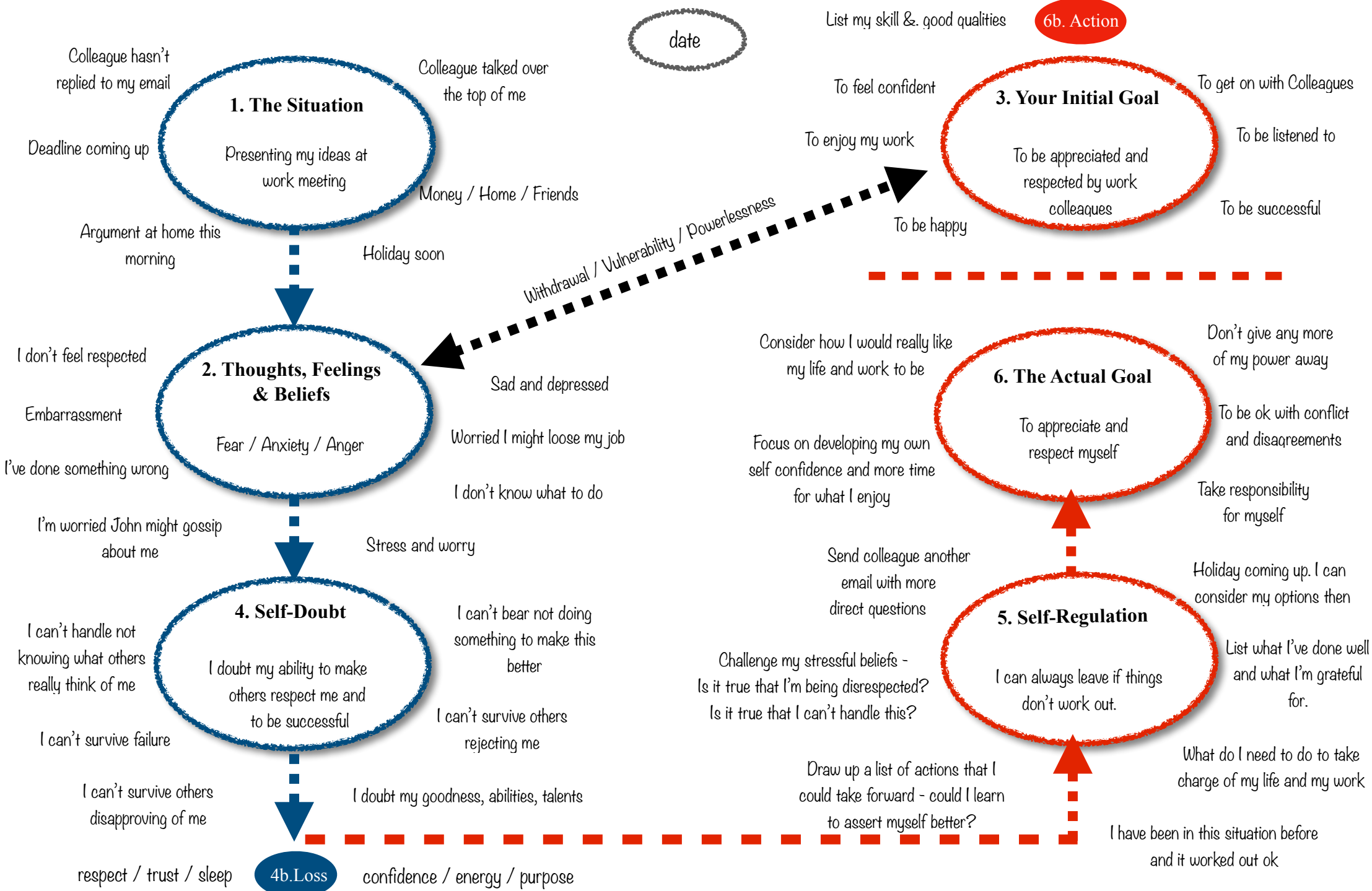
Life



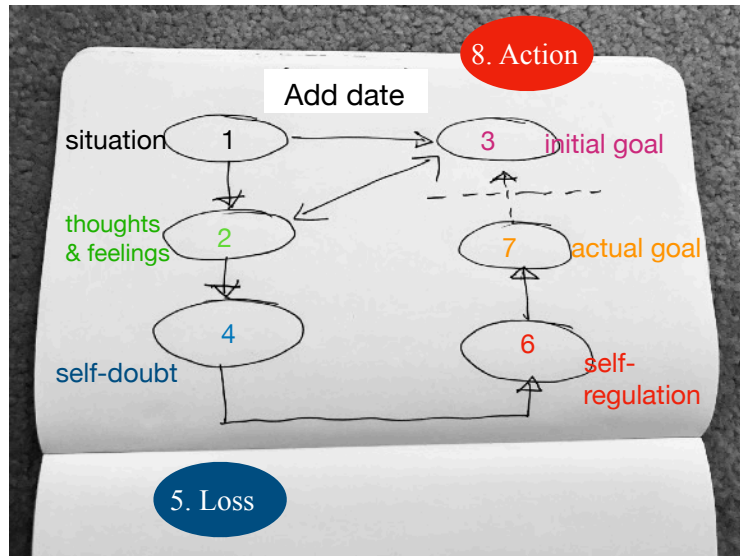
Self-Doubt

Example

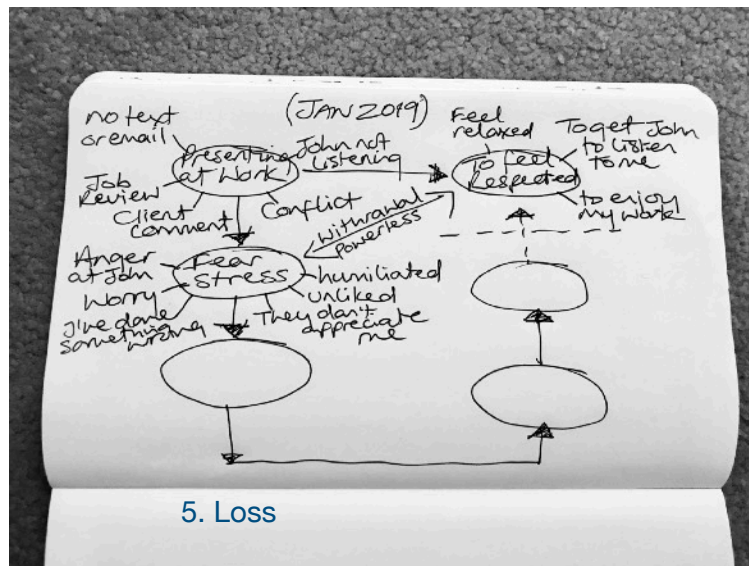
Self-Regulation



Creating daily maps (example)



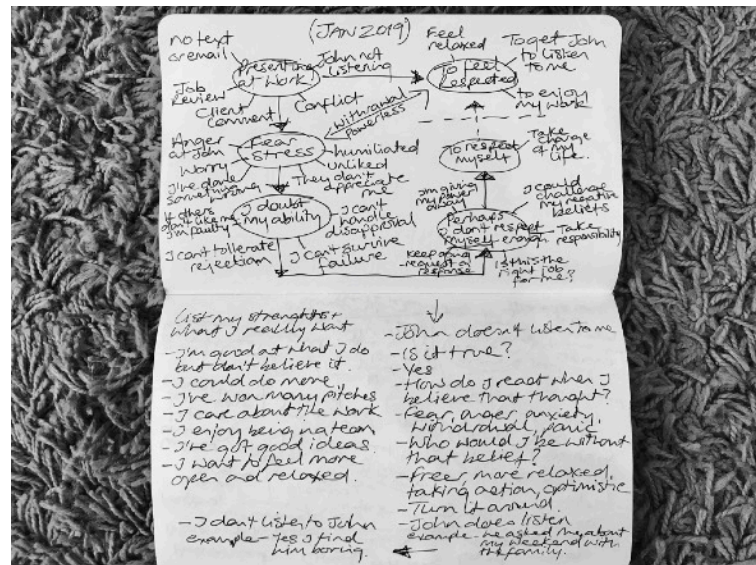
1. Firstly, draw the map outline as shown above keeping the ovals in order to prevent the exercise being too neat or a series of lists.



2. Next, describe your **situation**, then add your **thoughts & feelings** followed by your **initial goal**. Be aware of the two-way arrow indicating how your thoughts and feeling pull you away from your goal.



3. Note **Self-Doubt** then shift to **Self-Regulation** to explore, "What needs to happen?" Your **initial goal** is now ahead of you.
4. Finally, identify your **actual goal** from the emerging themes.



5. Use the opposite page for additional exploration - such as; challenging your stressful beliefs, affirmations or reminding yourself of things that have helped you in the past.

Express versions

When there isn't time to draw out a full map the most important thing is the direction of energy and the fact that you can re-direct this through practice and awareness. Many find it helpful to draw a small arrow on each wrist before a challenging event. This acts as a reminder - left pointing backwards, right pointing forwards fig. 1. Similarly, you can write out a quick express map as fig. 2.

1.



2.

