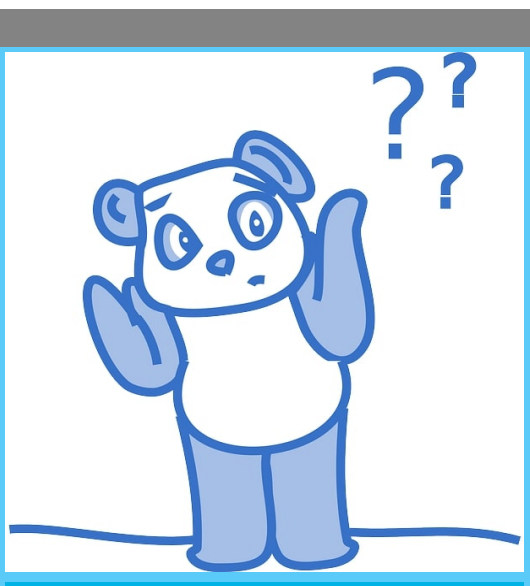
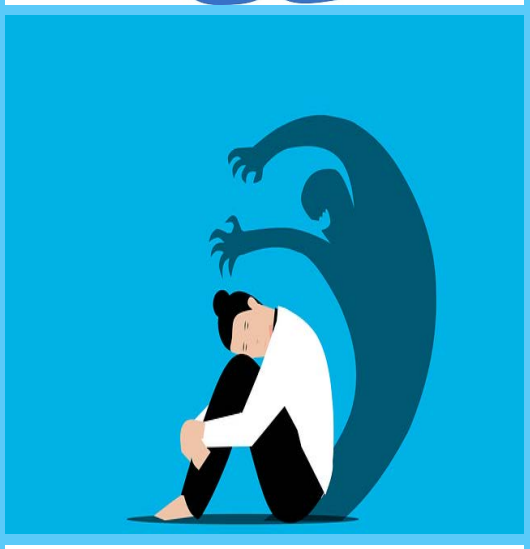
SSTeMM

Feelings of self-doubt or uncertainty



We have all been there. At some point in our lives, we question whether we are doing good enough.



Self-doubt

Self-doubt occurs when we lack confidence in certain situations. Some self questioning can be good to motivate us to do things differently. However, constant fear and self-doubt can affect your professional and personal life in negative ways.

What are the causes?

Self-doubt can vary for a range of reasons. Our individual life experience, early childhood, relationships and environment can all be factors. We fear new challenges or even fear failure.

Ground yourself and say stop!

Once you become aware of these negative thoughts, try to stay in the present and focus on the facts of the situation. If my friend was in the same situation, what would they notice about the situation? Let's write it down.

Re-direct my focus of attention

The longer we feel stuck in a situation or emotion, the harder it is to come out of it. Take a moment to relax and shift your focus to a 'doing' activity (going for walk, reading, tidying etc.). Tip: write down 3 things you are grateful for today before going to sleep and tomorrow again when you wake up.

Don't be afraid to seek help

Though you can achieve a lot by yourself, being able to ask for help is also self-care. Loved ones, family, friends, your preceptors can all help. Others have been where you are right now!

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