

Simple steps to calm self-doubt at work

Self- Doubt, Shut It

A 3-step guide

BY MAY FLAM

Hi!

Welcome to this 3-step guide, "Self-Doubt, Shut It." You're probably here because you feel self-doubt during the day to day of your work life. When you make a simple mistake at work like making a typo, you think "OMG, am I a loser?" When your boss gives you a compliment you think, "is that really deserved?" Etc. etc. This self-doubt costs you a lot of time and energy. It's exhausting!

First, thank yourself for downloading this guide so you can stop the cycle of self-doubt, and start using your time to chill and do your job rather than spiral internally.

If you have any questions or feedback on the exercises listed here, feel free to contact us at mayflamthecoach@gmail.com.

Here's to a future of relief from self-doubt! Enjoy.

About Me:



My name is May Flam (pronounced "My") and I'm a Personal Power and Confidence Coach for smart women who have a history of feeling bored and drained by their jobs, and I help them instead develop the personal power to make their work life fulfilling and energizing. I designed this 3-step process for you because I know how debilitating self-doubt at work can be.

To learn more, visit mayflam.com, and join my Facebook Group "[Queen Bees of the Workplace](#)."

PREPARATION:

Before we start, pick a specific situation in your professional life that makes you doubt yourself. You may want to think of something that happened recently at work (it can be big or small) that made you feel “am I wrong in this situation? I’m confused. Did I do the right thing? Am I a good or bad person?”

What makes you feel self-doubt? Is it the way a certain coworker treats you? Is it the fact that you can barely get through a boring task at work? Is it that you have a hard time getting to work on time? Pick a situation that makes you doubt yourself and wonder if you are “doing it right.”

Fill in the following sentence:

When I _____, I doubt myself.
[insert situation here]

For all 3 steps in this guide, focus on this situation only. Don’t worry about whether you picked “the right situation.” The situation you picked *is* the right one.

After you complete this guide, you can use it for any and all work situations, big and small, that make you doubt yourself. But to make this guide helpful to you, make sure to focus on one specific situation at a time.

STEP 1: FEEL YOUR FEELINGS



[Watch the video!](#) (Password = queenbee)

When thinking about the stressful situation in your professional life, circle 3 feelings from the following list¹ that you feel whenever this situation arises:

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

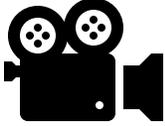
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¹ Source: <https://www.cnvc.org/Training/feelings-inventory>

“Feel your feelings” tips:

- Consider welcoming your feelings with open arms, knowing that having feelings does not dictate a certain response. For example, you can feel angry without punching a wall. Use these feelings as information. Let embarrassment and shame *about your feelings* fall away.
- If you are feeling concerned for your safety during any point of this guide, stop. Consider picking a “stressful situation” that is less emotionally charged.

STEP 2: ASK YOURSELF, “WHEN I FEEL SELF-DOUBT, WHAT AM I YEARNING FOR?”



[Watch the video!](#) (Password = queenbee)

Think about the situation that makes you feel self-doubt. Ask yourself, “what am I yearning for?” But don’t think abstractly – instead, pick an emotional need from the following list.²

CONNECTION

acceptance
affection
appreciation
belonging
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
empathy
inclusion
intimacy
love
mutuality
nurturing
respect/self-respect
safety
security
stability
support
to know and be known
to see and be seen
to understand and be understood
trust
warmth

PHYSICAL WELL-BEING

air
food
movement/exercise
rest/sleep
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence

PLAY

joy
humor

PEACE

beauty
communion
ease
equality
harmony
inspiration
order

AUTONOMY

choice
freedom
independence
space
spontaneity

MEANING

awareness
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
participation
purpose
self-expression
stimulation
to matter
understanding

Say to yourself: When _____ arises, I need _____.

[situation]

[need]

Repeat this sentence to yourself.

² Source: <https://www.cnvc.org/Training/needs-inventory>

“What am I yearning for” tips:

- You may be tempted to pick a few different needs. Challenge yourself to pick the **#1** emotional need you are missing.
- Don’t worry about picking the “right” need. The need you picked *is* the right one.
- If you are feeling ashamed of having this need: Notice any self-judgment you may be feeling. For example, you may think “it’s silly that I need validation. I shouldn’t need that.” For the purposes of this exercise, let the self-judgment go. You are a human, which means that you have human needs. Every need listed here is universal, and needed by all people for them to thrive. This need is not unique to you. It is shared by all members of our species. (If you are a robot and not a human, please disregard this message.)
- If you continue to feel shame about your needs, pretend you are your own baby. Your baby (i.e. you) needs food and water, sure, but to thrive, the baby needs emotional fulfillment – the baby needs things like “creativity” and “competence.” Take care of your baby. Instead of saying “I need validation,” for example, say this sentence in the third person, as if speaking about a baby. Say “baby Sam needs validation. I will give her a hug and tell her some nice things about herself.” When you are in doubt about whether to fulfill your need, remember to take care of the baby.
- If this need has not been met in a long time, or ever: Take your time to grieve. If you have rarely felt loved, or rarely felt security, for example, mourn this fact. Say to yourself “I grieve my unmet need of [insert need here]. I mourn the fact that I have rarely, or ever, met this need.” Give yourself a hug if you need to. Get angry if you need to! It’s okay to be sad and upset about not having your needs met.
- Own the fact that you have this need. Don’t wallow in feeling bad because you have this need, or thinking it’s silly. Just say to yourself:

I need _____, and when _____ occurs, I don’t have it.

[insert need here]

[insert stressful situation here]

“What am I yearning for” example:

Galadriel needs love when she meets new people at work.

At first, she feels silly about needing love. She thinks, “others can network with new colleagues with no problem. Why do I need love? This is embarrassing.” But soon, she realizes that this need is natural. She is her own baby, and her baby needs love to feel more comfortable when speaking to new colleagues. Galadriel owns this need and repeats to herself, “when I meet new people at work, I need to feel loved in order to feel comfortable.” She puts one hand over her heart, and one over her stomach. She breathes in and out and repeats this sentence to herself. She owns her need.

STEP 3: HONOR THE NEED RIGHT NOW



[Watch the video!](#) (Password = queenbee)

Now is the time to honor your need. You do not need to change your life drastically in order to do so, and you don't need other people for this step. You can start right now, by yourself.

Find 3 ways you can honor your need *right now*.

Right now, what can you do to remind yourself that you are loved? That you are validated? That you have community? That you feel connected to others?

1. _____
2. _____
3. _____

Whenever you doubt yourself, honor the need using the strategies you outlined.

“Honor the need” tips:

- Who can you think of as a guardian angel when the stressful situation occurs?
- Who is a public figure, a mentor, or an ancestor who gives you the feeling you are yearning for during the stressful situation?
- What is a small daily habit or affirmation you can start to give yourself what you need? (It can be as simple as telling yourself “I am loved” or “I feel connected to everyone around me.”)
- What is an upcoming event you can plan that will meet your need? (a vacation, sky-diving, art show, etc.)

“Honor the need” example:

Galadriel needs love when is she talking to new people at work.

She can:

Think of her best friend as a “guardian angel” before starting a new conversation.

Carry a picture on her keychain of a public figure who inspires her. Look at it before starting a new conversation.

Write 3 things she loves about herself every morning and looking at it before she goes into a networking event.

QUESTIONS OR COMMENTS?

Join us at [Queen Bees at the Workplace](#) to discuss!