

THE
CONQUER
SELF-DOUBT
WORKBOOK

A WORKBOOK TO HELP
YOU PREPARE FOR WHEN
SELF-DOUBT STRIKES

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a workbook by

Tali Shlafer

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The purpose of this workbook:

You can't just stop thinking a negative thought just because you want to.

You have to give your brain another thought to latch on to.

The best time to think of this is BEFORE self-doubt happens.

How this workbook works:

This workbook will guide you in identifying negative thoughts you have in different situations of your life, and help you come up with some neutral or positive thoughts to offer yourself when self-doubt strikes.

Use this as a companion to the Conquer Self-Doubt Masterclass.

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1. IDENTIFY THE SITUATION

Instructions:

Make a list of all the times you experience self-doubt, big or small. Get specific.

Examples:

Pursuing a career change
Asking for a promotion or raise
Making decisions
Social interactions

Interviews
Parenting
Going to the gym
Accepting compliments

Networking
Going to the gym
Starting a big project
Social interactions

SITUATIONS

SITUATIONS

2. IDENTIFY THE THOUGHT

Instructions:

For each situation, identify ONE SPECIFIC THOUGHT you have in that situation

Examples:

- | | | |
|---|------------------------------------|------------------------------|
| <i>"I can't do anything right"</i> | <i>"I'm going to fail"</i> | <i>"I suck at decisions"</i> |
| <i>"I don't know enough to start"</i> | <i>"I'll probably screw it up"</i> | <i>"I shouldn't try"</i> |
| <i>"No one wants to hear what I have to say"</i> | <i>"I'm not good enough"</i> | <i>"They don't like me"</i> |
| <i>"If I can't be perfect, it's not worth trying"</i> | <i>"I'm not ready"</i> | <i>"I'm embarrassing"</i> |

SITUATION



ONE THOUGHT

3. CHOOSE A NEW THOUGHT TO PRACTICE

Instructions:

For each negative thought you identified, decide what neutral or positive thought you want to practice instead

Examples:

Remember you're safe:

"I'm going to be ok no matter what happens"

"No one's going to get hurt if I try"

"It's safe for me to try and fail"

What else is possible?

What else could be true?

What other explanations might be possible?

How is it possible that you're wrong, or don't have the full picture?

Remember the bigger picture:

What are the upsides of trying?

What kind of person do you want to be?

Why would you want to do it even if it's hard?

NEGATIVE THOUGHT



NEUTRAL THOUGHT