

# **CONFIDENCE - Week 1 Notes**

*10-3-22*

## **The Self-Doubt Habit Loop**

When your brain hesitates and gets you to start overthinking, it stops you from taking action when you need to. Then, because you didn't take action, you doubt your ability to take action. And, because you didn't take action, you weren't successful with whatever you wanted to do, and so you develop self-doubt. This, of course, leads to more over-thinking the next time something comes up. It's a circle that spins around and around until you break the cycle.

## **How to Stop the Cycle**

- 1) Understand that emotions are normal.
- 2) Understand that your brain can be rewired.
- 3) Understand the 4 traps of self doubt, including which one you tend to get stuck in the most.
- 4) Take action.

## **Doubt 1: Hesitation**

Hesitating is triggered by uncertainty.

**Looks like:** waiting, overthinking, perfectionism.

### **Behaviors:**

- Telling yourself a story of what could go wrong
- Not putting something out there until its perfect
- Making a plan but then not acting on it
- Staying busy with avoidance mechanisms to avoid dealing with something

## **Solution**

***Step 1: Become aware of what hesitating looks like for you.***

- What behaviors do you do when you hesitate?
- What do you tend to tell yourself?
- What activities do you do to avoid acting?
- What do you tend to overthink about?
- What are you waiting to be perfect?

***Step 2: Start small. Take baby steps.***

Instead of thinking of the big picture and all the details of what it will take and what could go wrong, break the situation down into tiny chunks and focus on only the next step.