

Lydia Burchell – The Doubt Doctor

Do you have self-doubt? Imagine how full your life would be without this fear-based limiter.

During my 10 plus years as a life coach, I have commonly heard a plethora of doubts arise from the very first session. Most know they have self-doubts. Many, however, do not realize the significance of the drain: the huge cost in energy, time, and money.

Self-doubt is a serious issue! Riddled by the shame and the embarrassment of disbelief in self, many hide behind a tough mask and decide to suffer in silence. While the gap between inner world beliefs and outer world perceived incompetence continues to widen, dissonance or conflict between internal beliefs and the growing sense of incompetence in the outer world, gradually constructs Self-Doubt as a fundamental belief in incapability.

Self-Doubts are not acceptable useful doubts of the type that keep us safe; such as, putting valuables in the trunk or locking your doors. Self-Doubts deceptively debilitate us from getting excited about living life to the fullest. Self-Doubt skews reality, negatively spinning outer-world events. Coupling tightly with its fostered cousin, lack of self-worth, they blur life's potential into perceived impossibilities.

Those who have lived and do live in extremely challenging situations try to find happiness within the structure of what they believe is possible for them based on their self-worth. Likewise, those who live a more privileged existence also seek, within their structure of what they believe is possible. What is at work in both situations is self-limited perception based on our common core limiter; Self-Doubt. Self-Doubt will always limit happiness and never excel it.

The passion/creative/fulfillment potential is starved by particles of immobilizing Self-Doubt inserted between the want-to and the can-do. This result is an ever growing caldera of frustration and poor self-concept.

Freedom comes first by discovering and then by deploying specifically focused actions. The effects of self-doubt are deeper than most realize. One's ability to break through their toughness is limited by the very doubts that are manifesting the life style you are trying to change.

Visit www.askthedoubtdoctor.com to start your action against self-doubt today.