

Taking the Doubt Train to Frustration Station?

Do you sometimes say things about yourself, either aloud or (more often) in the privacy of your own skull, that simply aren't true? I'll bet you do. And I'll further wager that your self-recriminating Innervoice keeps you from being the best you can be, doing what you really want to and experiencing the joy you deserve in your life.

Let me ask you this, do you keep riding the Doubt Train and ending up in Frustration Station with no idea how to get off? You are not alone. The complex, human mind resists letting go of habits of thought. You learned what it means to be you at a very early age and some of that learning was based in deeply ingrained fear.

For example, have you ever secretly thought, "If anyone really knew me, they'd know I'm incompetent and unlovable." This is so common a belief that I'm going to bet you have.

If so, let's try an exercise. Grab a piece of paper and a pen. Draw two columns, one labeled **Belief** and the other labeled **Evidence**. Go ahead, I'll wait...

Now, imagine thinking that if you were 'found out', something bad would happen. [Some call this the "imposter complex"] Write each bad thing that might happen in the Belief column and an example of when something like that has actually happened to you in the Evidence column. Keep going until you can't think of anything else. Do that now.

Okay. Was it hard to find examples to support the belief? Good! Now, look at each piece of Evidence that you did come up with and ask yourself...with a detective's curiosity..."Really? What makes you say that?" After each answer, ask again in a gentle tone, "What makes you say that?" When you can't think of any more answers, try one more important question..."**What does this really prove?**"

Here is a hint...what other people have said about you does not count as evidence. The court of cosmic law will not convict you on hearsay! Feedback is valuable, but it can be limited by the wisdom and fears of the giver.

Instead, look at actual results and evaluate their impact. Embarrassment, believe it or not, has never been proven to be terminal. Anyone who can say, "I just died when that happened" clearly isn't telling the truth! Your feelings may be uncomfortable for a time, but they cannot technically do you in.

Do you ever berate yourself for having to do things over? Mistakes are a great opportunity for beating yourself up but what do they really represent? Think hard. Isn't it true that having to do a task over is actually an opportunity to refine your work? The 'bad' outcome made it possible for a better result. Mistakes can be seen in a new way!

Ask yourself again, do you have any actual, real-world evidence to support your self-doubts, or **are you caught on a loop of repeating negative self-talk that can't be proven?** If so, you may be focusing on myths and missing some benefits.

For every piece of 'evidence' you debunk in this way, the Doubt Train has one less mile of track to reach Frustration Station. Pretty soon, you may find yourself taking a much more enjoyable ride...

At the risk of carrying the metaphor way too far...If you'd like to learn how to become the conductor of your own 'little engine that could', visit me at www.bjcounsels.com and sign up for a free 30-minute consultation.

Jump Off!