PRACTICAL RESOURCE

The Self-Doubt Reset

A worksheet for separating facts, fears, assumptions and self-criticism before you decide what to do.

When to use it
Use this when you notice yourself second-guessing, assuming you are not good enough, or searching for certainty before you allow yourself to act.

1. What am I doubting?

2. Separate four different things

What I know

Facts, evidence, things I have actually been told or observed.

What I fear

The outcome I am worried about, even if it has not happened.

What I am assuming

Mind-reading, predicting, filling gaps or treating uncertainty as proof.

What my inner critic says

The harsh judgement about me as a person.

3. If this were happening to somebody I respected...

What would I say to them that I am currently refusing to say to myself?

4. What is the decision underneath the doubt?

Sometimes self-doubt keeps us circling instead of deciding. What choice, action or boundary is actually waiting here?

5. What is enough certainty?

If 100% certainty is impossible, what would 'enough information to take the next step' look like?

6. One next action

A useful distinction
Self-trust does not mean believing you will always be right. It means trusting that you can make a reasonable decision, learn from the result and respond if things do not go perfectly.