Wheel of Self-doubt Worksheet
How to get increasingly specific...

Think of the wheel as a metaphor for your life. You’ll see that each of the spokes is named but feel free to rename these with your own.

To start, just go through each area of your life and rate how much self-doubt shows up for you. Go on gut feel and score each of them out of 10 when 10 means self-doubt shows up here intensely or frequently.

Try not to overthink it – just do this for you, right now, today. You can always go back and re-score on a different day 😊

Once you have scored each of the spokes join up your wheel. What you will probably end up with spokes at different levels - which makes for a rickety journey through life!

Deepening your enquiry

We want to take one high scoring ‘spoke’ of your life and get really specific about how self-doubt shows up here. On the podcast episode I share a real-life example from a coaching client, Esther.

How does self-doubt show up in this area of your life?
- This is the opportunity for you to let it all come out!
- Go for a stream of consciousness.
- Notice when you use ‘amorphous descriptors’ (always, everything, never and everyone, every time and forever).

What does this remind you of?
- Get curious about the memories and past events that might be contributing to your self-doubt here.
- You might have had a similar feeling or experience. It all counts.

Can you sum up what is at risk for you?
- Now we are getting to the heart of your self-doubt.
- Read over your previous answers and try to sum up the core of the psychological risk.
What do you do to avoid the risk?

- This is about how you are protecting yourself – get really specific – as this will help inform what is happening and why.
- You may want to play through what you think, feel, say and do when you feel the self-doubt storm rising.

What choices do you have apart from avoiding the risk?

- This is about opening up the possibilities for the choices that you have, even if they seem like a terrible idea.
- Top tip - get really specific about why this matters, or how this will help you.

What is the safest, smallest step you can take right now?

- Now we want to bring your choices to life. This is how you start to diffuse the power self-doubt has over this area of your life.
- Taking action will help you test the belief that avoiding the risk is necessary.
- Top tip - be specific about when you will do it and share this with someone.

Self-doubt protects us from a perceived psychological risk and it does this by making us feel that subjective discomfort. It can all feel very amorphous and generalised.

By getting specific we start to disentangle ourselves. We use some objectivity to look at what is going on and then we take a specific action that feels psychologically safe.

When we do this consistently, we expand our tolerance for risk – we have new actual evidence that the risk is no longer true, or needs updating.

You’ve got this!