

OverCome Self-Doubt & Build Self-Confidence

The 4 H's That Get in The Way



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One

WHY AM I STUCK?

Feeling stuck is the worst! But there is hope for getting unstuck.

When we become aware of what we do and why we do it, we can feel happier, and more able to manage our emotions and behavior.

That leads to more confidence. More confidence leads to so many other good things: better habits, better relationships, and a better life overall.

Let's start by looking at what gets in our way...

After reading this book, you will:

- Understand the 4 H's that trap us in self-doubt and zap confidence.
- Answer some questions to really get clear on which H is holding you back.
- Feel more confident knowing you have discovered that all you need is within you!



Two

DON'T BOTHER TRYING

IF WE DEFINE confidence as the willingness to try, then we know that building our confidence comes from taking action.

It's not that we don't know what we need to do, it's that we just don't do it. We don't bother trying.

We put things off.

Our inner critic (that Negative Nelly in our heads) tells us how useless and lazy we are and we develop self-doubt.

This becomes a decision not to try.

It's the opposite of confidence.

OUR BRAINS ARE WIRED to look for danger so it starts forming thoughts like: "what could go wrong if we take this action?"

We start listening to the "what-ifs." And, boy we can find a lot! We then become avoidant or fearful as a result. Around and around we go.



Three

PERFECT SHMERFECT

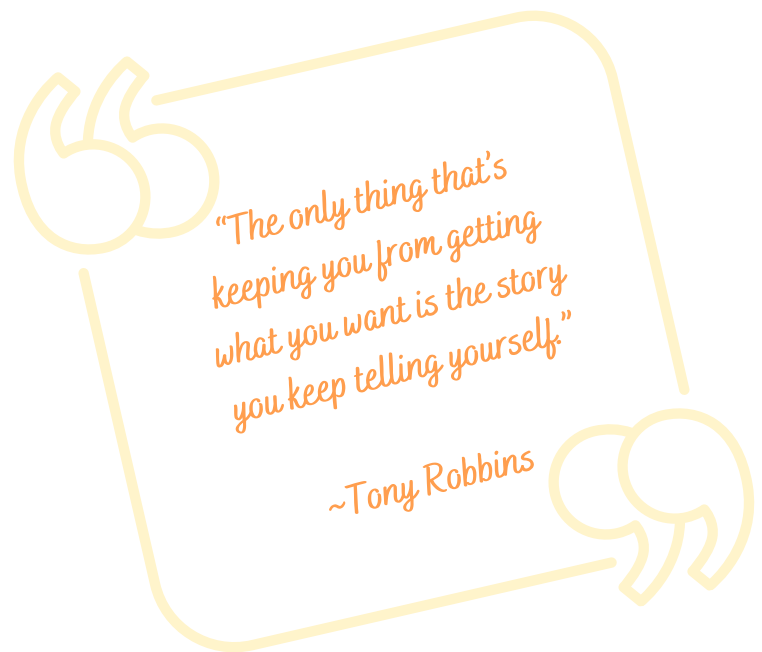
THE GOOD NEWS is we can change these thoughts and this loop of self-doubt.

We can rewire our brains.

Feeling fearful, nervous or worried is normal.

But confidence is not a feeling!

LET'S look at some of the traps of self-doubt in order to rewire them:





1. HESITATION

When we are uncertain, we can wait, overthink or strive for perfection.

Are you telling yourself all the ways this could go wrong?

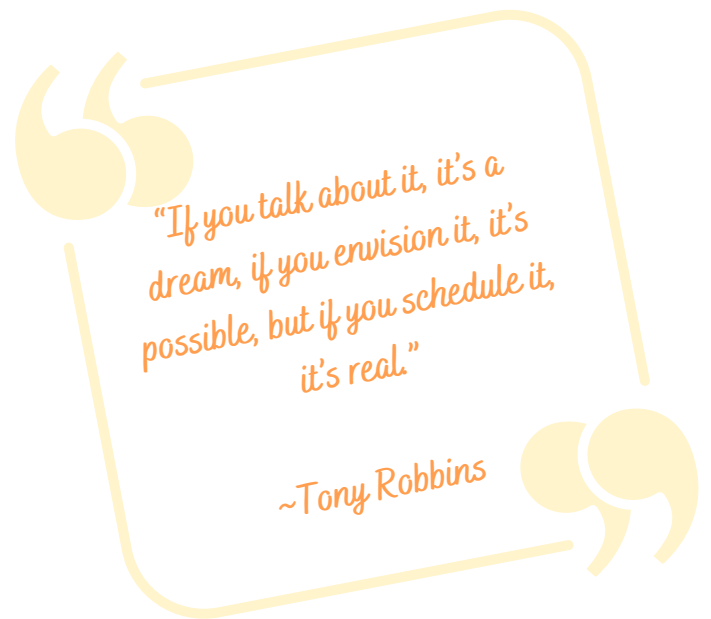
Are you distracting yourself with everything but the task at hand?

Are you trying to perfect it before you really make it happen?

First, become aware of how you hesitate.

What do you do and say to yourself?

What needs to be perfect?



ANSWER THESE QUESTIONS
IN THE SPACE BELOW



*“You don’t have to submerge. Just take a D.I.P. in Daily Incremental Progress.”
— Ryan Lilly*

This “H” (Hesitation) can be a block for me.

I am a fact-finder and need to do lots of research and absorb all the information before I take action. Being aware of this has helped me remember to take action sooner than I think I should.

I have to remind myself to just start.

Luckily! That’s why you now have this e-book. Once I started, I finished!

Next, use the **'progress principle'**.

Start small and use tiny incremental bits to move forward.

Just pick one thing that matters to you that you can do that day. Maybe it's research one detail or buy a book or read one chapter.

You can feel doubt, but still take action.

It doesn't have to be huge to matter. (that's what he said)



Four

IT'S BETTER IF I STAY SMALL

2. HIDING

Hiding can look like focusing on a big dream, then feeling overwhelmed by it and then feeling paralyzed about what to do to achieve it.

Or, it could look like not standing up for yourself or asking for what you want or need.

Or maybe you have a dream you are fired up about, but no plan for following through on it.

It could also look like shrinking away from an opportunity or fearing you will look foolish, or worrying about what others will think, etc.

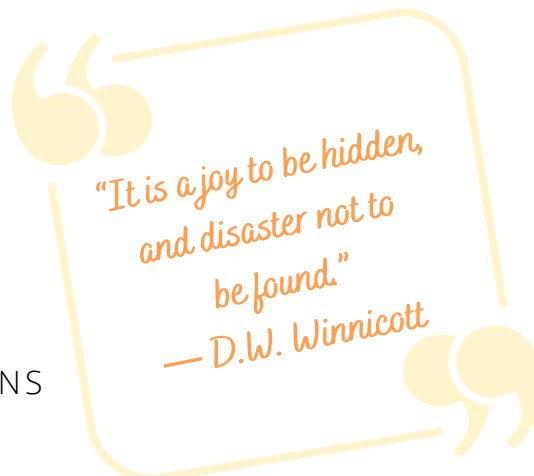
ASK YOURSELF:

What is the underlying fear that is causing me to behave these ways?

DOES THIS REALLY MATTER? Why?

WHAT ARE you doing instead of the thing you could be doing?

What do you really want?



ANSWER THESE QUESTIONS
IN THE SPACE BELOW



*"The only thing standing
between you and your goal is the
bullshit story you keep telling
yourself as to why you can't
achieve it."
— Jordan Belfort*

DEVELOP some goals along with subgoals.
Then take some baby steps toward that.

FOR EXAMPLE:

If I said I wanted to lose 100 pounds, that would completely overwhelm me. I may fear I can't do it, I'll never be disciplined enough, and so why bother.

But if I challenged my thinking a little I could decide to break it down.

I could begin by picking a date to start.

I could also pick one activity to start with, like walking for 15 minutes every day.

I could also decide that isn't enough time and won't make a difference.

BUT! if I did the math, I'd realize I can walk almost a mile in that amount of time. And a mile every day is 7 miles a week, and with 52 weeks in a year I would have walked 364 miles.

And if the estimate of walking one mile = 100 calories burned then I could burn 700 calories a week.

*Now, that's no drop in the bucket!
That is one baby step of action that leads me toward the next.*

Even if I don't lose the 100 pounds, I'm doing a whole lot of compounding of my confidence in those 15 minutes a day because I've taken small action steps.

Do NOT underestimate what one step can add up to!



five

JUDGY JUDGY

3. HYPERCRITICAL

Maybe you fear being hurt or judged so you become focused on the negative, and focused on flaws.

You make excuses as to why things won't work. You look for the evidence that you will fail.

WHAT EXCUSES ARE YOU USING?

WHAT ARE you afraid will happen?

WHAT does failure mean to you?

Is it really a bad thing to fail?

Do you know others who have failed and how do they handle it?

"Criticism is just someone else's opinion. Even people who are experts in their fields are sometimes wrong. It is up to you to choose whether to believe some of it, none of it, or all of it. What you think is what counts."

— Rodolfo Costa, Advice My Parents Gave Me: and Other Lessons I Learned from My Mistakes



ANSWER THESE QUESTIONS
IN THE SPACE BELOW



Six

I CAN'T. YOU DO IT FOR ME.

4. HELPLESSNESS

This looks like believing nothing ever goes your way, or you blame others for things not going well.

Maybe you play victim or depend on people for too much help.

Maybe you don't believe you can do it on your own.

You don't want to take responsibility for your life and try to make others attend to you.

FIRST, where do you feel helpless?

WHAT DO you believe makes you helpless in these areas?

NEXT, look at who you are dependent upon. Are they a rescuer, fixer, enabler, advice-giver, caretaker or teacher?

THEN, what are you afraid you would lose if you took responsibility for yourself?

WHAT WAYS HAVE you shown up for yourself in the past?

HOW WILL your life be negatively impacted if you give your power away?



*"Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine."
— Roy T. Bennett,
The Light in the Heart*

CAN you give yourself the love, attention and praise that you have looked for in others?

WHAT IS one task you can do for yourself that you normally have someone to help you with?

Celebrate when you have done it.

REMEMBER, you can feel the fear and do it anyway.

It's never about eliminating fear. It's about working it into the action.

That's where the confidence comes in and the self-doubt disappears.

With each tiny action, we will feel some progress and some pride. This motivates us to do more. Doing more, builds our confidence and shrinks our fear. And so on and so on.

You got this! I so believe in you!!!

Hugs,

Jenn



ANSWER THESE QUESTIONS
IN THE SPACE BELOW



THANK YOU!



I hope you've enjoyed this e-book and it has provided some help.

I'm Jenn, and I'm a relationship coach and seasoned therapist. I have almost 20 years experience helping stressed-out, professional women who know they can be even better, if they could just get out of their own head!

I help women transform their relationships by teaching them ways to overcome their self-doubt, insecurities and fears and boost their self-confidence so they can live a life of badassery.

I love helping women feel empowered and come to a place of love and acceptance for the beauty and strength they already have within.

Nothing is sexier than a woman on fire!

I've written this e-book to help you get started, but I also have a weekly blog, an e-blast once a month and, of course, 1:1 coaching services.

Please visit my **website** to sign up for my communications or book a free 30-minute exploration call! **www.jhoffmanlifecoaching.com**