Three Causes of Self-Doubt and How to Conquer Them for Good

By Kavitha Chinnaiyan

"Each time we face our fear, we gain strength, courage and confidence in the doing." — Unknown

In order to overcome any limitation, we have to turn around and face it, study it, and watch it like we would an exotic animal in a zoo.

1. Comparing Yourself with Others
   If you lacked the ability to compare yourself with others, would you be plagued either by self-doubt or its opposite, over-confidence?

2. Fixation on a Particular Outcome
   One of the biggest things that holds us back from moving forward is the fear of failing. When we become fixated on a particular outcome, not only do we become paralyzed by the possibility of failure but we also close ourselves off to all other possibilities.

3. Feeling Like an Imposter
   If you feel like you don’t deserve any of your accomplishments or that you got to where you are by pure luck, you may feel like an impostor. And then there are the issues of not wanting to appear aggressive, ambitious, or assertive that makes us take a step back from our full potential.

Regarding the ACT 101 program, Laura shared, “As an ACT 101 student, I receive unlimited tutoring, which allows me to ask questions and academically succeed.”

Laura states, “I love the atmosphere of Duquesne University, I have met inspiring, encouraging, resourceful people who have helped me.” She selected Duquesne University because it offers abundant support programs and it’s close enough to commute.

Laura Jean, a freshman pharmacy major from Wexford, Pa, is the recipient of the 2018 Michael P. Weber Scholarship. Laura was born in Seoul, South Korea and immigrated to Pittsburgh in 2011. A graduate of North Allegheny Senior High School, Laura was active in both athletics and musical performance.

Laura Jean

“I feel blessed to work at Duquesne University and my director, Dr. Judith Griggs, is truly a supportive, amazing, and inspirational educator and leader in my life. The ACT 101 staff at the LSC works diligently to address the needs of our Pennsylvania Acts population as well as all students who need support.”

“I enjoy meeting and forming working relationships with my ACT 101 students, assisting them to overcome challenges, and celebrating their successes.”

Abstract:

Laura Jean, a pharmacy student at Duquesne University, received the Michael P. Weber Scholarship in 2018. She shares her experiences with the ACT 101 program and how it has supported her academic success.

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1. Meditate: Depending on the technique, meditation can help calm our minds and lower stress and blood pressure—very favorable outcomes.

2. Journal: Writing is a powerful tool for cultivating self-awareness. It forces us to clearly identify our internal thinking process.

3. Question: Allow each question to sink into silence without allowing the mind to answer. Answers will come later.

4. Feel: Another powerful way of dealing with our limitations is to feel them in our bodies, then work them out by physical exercise.

5. Act: Once you’ve become adept at questioning your thoughts and beliefs in a meditative state, it’s time to put your insights into practice. Any time you feel paralyzed with self-doubt or when the old patterns reemerge, meditate, address it in your journal, raise questions to seek answers, exercise, and then act.

Four Things You Need to Know When Pursuing an Ambitious Dream
By Lori Deschene

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.”
—Christopher Reeve

1. There’s no shame in being “green.”
It’s easy to feel insecure when you’re working with experienced people. This feeling won’t last forever. No one loses respect for someone just because they are new, so enjoy every part of your new path.

2. Setbacks are part of the process.
So often we get down on ourselves when things don’t go as planned. The only thing you can reasonably expect when you’re doing something new is the unexpected. The good news is, the unexpected isn’t always bad. Setbacks require that you regroup and move forward.

3. It helps to hold yourself accountable.
Tell people what you aspire to do. Sharing your intentions with others can keep you on track; it also inspires others to pursue their dreams.

4. An experience can be worth much more than its costs.
There are no guarantees. You don’t need a guarantee to know that taking a risk—stretching yourself and coming alive—is worth it, no matter where it leads.

ACHIEVER STAFF
Founder and Publisher: Judith R. Griggs, Ph.D.
Managing Editor: Uhuru Hotep, Ed.D.
Guest Editor: Laura Quain, B.S.
Contributors: Ameya Ranade, M.B.A. and Torben Brietkopf

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