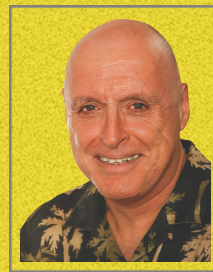


# THE EXTRA POINT

BY JERRY ROBERTS



## # 1742 The Sabotaging Nature of Self-Doubt

Have you ever doubted your own abilities? Was there a time when you were unsure of yourself and how you stacked up to a problem, or a new opportunity — and because of that, you backed away? Self-doubt has been a part of everybody's life at one point. Some get beyond it, but many don't. I'm Jerry Roberts, and we're going to dig into this issue, next on The Extra Point.

Self-doubt is an all-too-common feeling that can significantly hinder our personal and professional growth. It reveals itself as a lack of confidence in our abilities, often leading us to second-guess decisions and underestimate our potential.

While a small dose of self-reflection can be beneficial, consistent self-doubt can sabotage our progress, build a losing attitude, and ultimately hurt our careers.

When self-doubt creeps in, it often leads to inaction. Instead of energetically pursuing new opportunities, we pull back because we fear failure or that we'll be judged. This hesitation can result in career growth that stalls out.

Instead of taking bold steps forward, those plagued by self-doubt may find themselves stuck in a cycle of self-criticism and regret. It becomes easy to think, "I'm not qualified enough," or "I'll never succeed," which only reinforces their fears and prevents them from taking action.

Once we back off from opportunity because of self-doubt, it becomes easier to do it the next time.

We see athletes in every sport who want the big moment. They feel they can make the game-winning play. It's not that they don't fail. In fact, many fail far more often than they succeed. Contrast them with others who shrink from the pressure.

Moreover, self-doubt can create a losing attitude that permeates every aspect of life.

When we doubt ourselves, we project insecurity, which can affect how coworkers see us.

When we allow self-doubt to dominate our thoughts, we stifle creativity and innovation, essential components for success in any field.

Additionally, self-doubt can lead to a fear of failure that is paralyzing. Instead of viewing challenges as opportunities for growth and learning, people captured by doubt often see them as threats. This perspective makes us reluctant to take risks.

So where does self-doubt come from? How does it find its way into our lives? One thing is for sure, we're not born with it.

That being said, if we grow up in an environment where criticism is the norm, where failure is feared or never discussed, where we're compared to others and made to feel inadequate, self-doubt can take hold.

If you have workers who fit this description, you can help them grow out of it through a controlled program of achievement. You do it through delegation.

Give the worker a task and guide them to its completion. Go over the details and give suggestions for improvement, if appropriate. Then, assign the next task, this time more of a challenge. When done, talk things over again.

The idea is to build up the worker with jobs that require greater concentration or effort. In time, their confidence will build, and self-doubt will diminish.

Sometimes, all a doubter needs is one person who shows a little belief in them, and who helps them grow beyond their limitations.

(Con't.)

By recognizing the impact of self-doubt, we can help people break free from its reframe their mindset and beliefs, and escape their self-imposed constraints.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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