

Causes of Self-Doubt

Childhood & Upbringing	Lack of encouragement and support from parents, friends, or family.
Negative Speech	Being told by others you are not good enough, you are worthless; you have no skills, talents, or abilities.
Your Internal Dialogue	What you tell yourself daily. Repeating thoughts of self-sabotage.
Past Mistakes & Failures	Dwelling on your past mistakes and failures instead of accepting and learning from them.
Lack of Self Confidence	Saying; “I can’t do that! I’m not good enough.”
Comparing Yourself to Others	Saying; “She’s so much prettier than I am. “He has more to offer than me.”