

Doubt can get you stuck: doubt is the thing that plagues and stops momentum dead in its tracks. So how to get rid of doubt and embrace confidence instead of doubt?

It doesn't matter how you feel, it matters what you do.

I believe that doubt is one of those creepy things that hang out in the back of our lives, robbing us of the vibrant life we want. I am calling it out, I am done with the doubt. Today I'm going to take you through what to do when doubt creeps in.

If you are alive on this planet, doubt will come knocking, it's just part of the human equation.

Doubt isn't loud, it gently taps you on the shoulder and says, "Hey, I don't think you can do that. I don't think you should try that." It is an unwelcome visitor that hangs out in the back of your head and creates a subtle fear that makes you retract your dreams.

Doubt is like a haunted house. You can just feel something scary but you're not quite sure what it is--you can't put your finger on what it is.

Doubt paralyzes and gets in the way of what we want to accomplish and stops the momentum dead in its tracks.

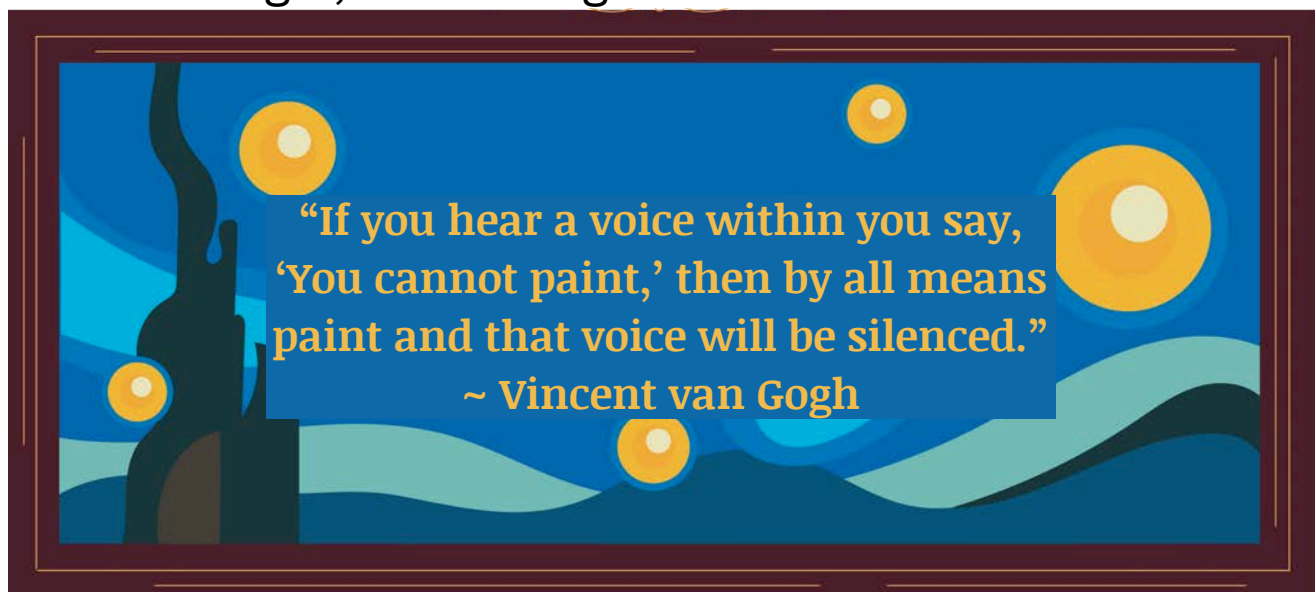
We doubt everything. And if we're honest, we doubt things like:

- Am I a good enough spouse?
- Am I a good parent?
- Am I a good employee?
- Am I a productive member of society?

Then we compound that by comparing ourselves to others and that adds a whole other layer. We know comparison is the thief of joy, but we go there anyway because doubt taps us on the shoulder and says "You are not good enough, look at her and what she is doing. She has got all of it together."

### **Doubt is really fear dressed up in a valid emotion: Uncertainty**

We spend a lot of time with doubt. And sometimes, we let it have its way at our own tables, feeding it, entertaining it, and letting it run the show.



However, we can destroy doubt by simply not listening when our amygdala sends the fear message. And when we do so, we get rewarded with a great big smack of feel-good hormones. We get stronger, doubt gets smaller and you start to think "Maybe I can get unstuck."

No one is immune from doubt--we all have our own little pockets of doubt. One of my doubts is, "Will anyone actually show up for the Daily Dish show?"

This is all part of the human experience. The exciting thing is we have the ability to quell the doubt when we understand how our brains operate, and we know what to do next to get our brains on board.

Doubt is only overwhelming when you decide it is. When you say, "This is overwhelming," doubt says, "Absolutely!" and true to form, the reticular activating system in your brain finds the evidence to make sure what you're saying is true, and just like that, you find yourself overwhelmed.

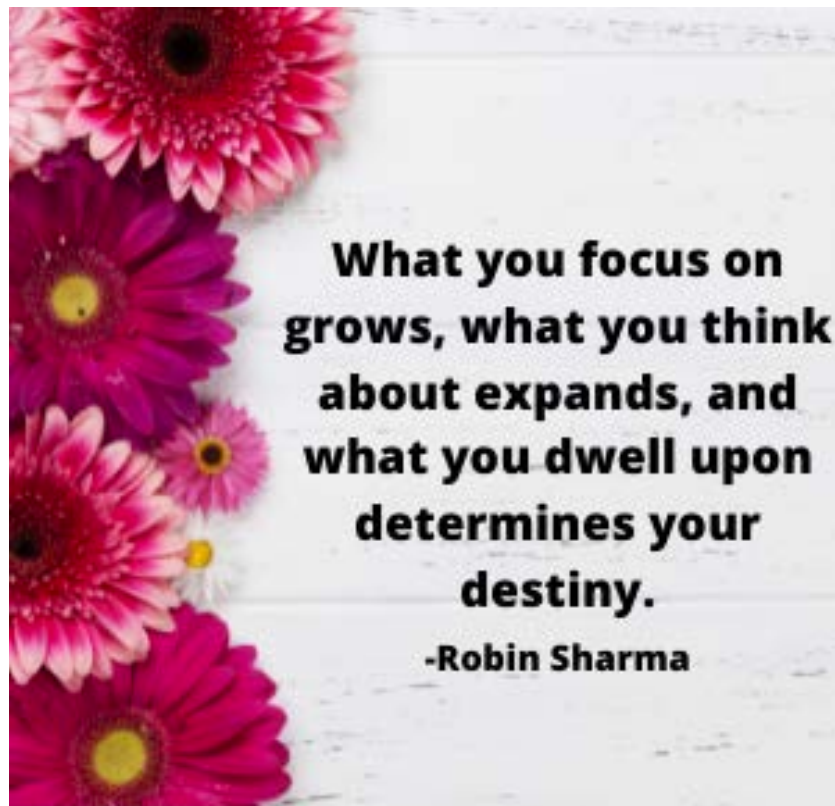
We can take this concentrated emotion and distill it by journaling--one of the best tools in the toolbox for doubt. Journaling takes the bite of our doubt and puts things in proper perspective.

Doubt will take us out of our purpose, power, and action. For example:

- We don't reach out to someone who needs us
- We don't buy the food because we doubt
- We don't speak up because we doubt anyone will listen

We all feel inadequate and uncomfortable at times, but we need to recognize that doubt is a fleeting moment, not a directive.

Our thoughts, feelings, actions, and emotions are all permission-based. If we allow them to run amok, we will lose the battle in the short run and the war in the long run if we allow for it.



I have 5 things that you can do that I think will help to get you out of the stuck place of doubt.

1. **Understand what doubt is and what it's not.** It is part of everyone's human experience, but it is an emotion, not a directive. It does not run your show unless you give it permission to do so.
2. **Doubt your doubt.** Doubt blows things out of proportion. Question it and watch how you start to flip it.
3. **Call it out.** Call out the doubts you nurture. Just like questioning your doubts, calling them out weakens them.
4. **Your goal is bigger than your doubt if you decide it is.** Read that again—your goal will always be bigger than any doubt when you make your decision PRO-goal.
5. **Stay in communication with your community about your doubts.** They're an important part of processing doubt—they'll hold you up when you need it, support and encourage you. Likewise, you'll have the opportunity to do the same. This kind of give and take is what creates our sisterhood and keeps us all in it together.

Doubt will keep you stuck and from doing the amazing things you are here to do. **Don't ever forget you are the apple of God's eye, put here on purpose and for a purpose.** That is the vanquisher.