

How You Can Be Free Of Self Doubt Forever!

By Andrea R Lucas

Most people have some amount of self-doubt - some, more than others. If you are one of those for whom self-doubt has been taking a toll on your life, you probably know that it can affect nearly every aspect of your life. Self-doubt can effect how well you perform on the job, how effective you are at setting goals and making plans, and your interactions with other people. If this sounds like what you have been experiencing, take hear – because self-doubt can be dealt with.

One of the main causes of serious self-doubt is negative messages about oneself. When these occur in one's early years, the impact it has often leads to serious complications. If you were one of the many who was frequently told by parents or other trusted adults that you were not up to par in one way or another, the damage it caused probably still exists. After all, everything that a child “knows” about himself is what he was told – and he carries these messages with him throughout his life. If those messages were negative, you continue to feel its impact, and you continue to base how and what you think about yourself on those messages. You may believe that you are not intelligent, that you are not adequate, that you basically “do not have what it takes” – all because these are the messages you received when you were young!

Although you can see how painful and destructive negative messages can be, and even if you are applying these facts to your own life and your own personal circumstances, the fact is that it does not have to be permanent - you can be free of self-doubt forever!

You may wonder how this is possible. Especially if you are an older person, you may be tempted to believe that by this point in time there is little which can be done to change the past. But while you cannot remove anything from your life history, there is something that you can do which will have a life-changing effect!

You can go back to those old negative messages - and you can replace them with positive, more appropriate messages which will benefit you today and in the future. In other words, you can look at the things you were told about yourself which were not correct, and replace them with self-affirming messages that are true!

For example, your parent or your teacher may have told you were not smart. Perhaps the person was just having a bad day, or perhaps he or she was the type of person who liked to treat people in a negative manner. Whichever the case was, you can now inform yourself that what the person said was not true-- it did not reflect your intelligence, your abilities.

When you begin defining yourself with self-affirming, factual messages, you will see that the things told to you in the past will lose their power. Old messages will no longer have a serious impact on your life – and you can be free of self-doubt forever!