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Melting Self-Doubt & Insecurity Self-Help Worksheet						
1.	. Ask yourself the following questions to enquire:					
	a) How does self-doubt show up in your life?					
	b) What has to happen for you to experience self-doubt?					
	c) Who triggers self-doubt in you?					
	d) When have you felt self-doubt before?					
	e) What if you never doubted yourself, what would you experience?					



f) Write down 3 specific examples when you have felt doubtful and insecure:

When have you	How did/does it	What number	Where in the
experienced	make you feel?	is it at?	body part do
doubt and			you feel it?
insecurity?			
	experienced doubt and	experienced make you feel? doubt and	experienced make you feel? is it at? doubt and



g) Of the 3 examples, identify the first example you want to work on.

2.	Once you have identified one example that you want to explore, now start tapping on the side of the hand (Karate Chop point) while					
	saying your statement out loud: "Even though I experienced self-doubt and					
	insecurity when (what are you doubtful and insecure about) and I					
	can feel it in my and it's					
	at a number (add number) and it makes me feel					
	(feelings and sensations), I deeply and completely love					
	and accept myself."					
3.	Then tap on the facial and upper body points using the reminder phrase					
	(the phrases that includes information on the story name, number and					
	feeling) while saying the reminder phrases out loud:					
	Eyebrow: I experienced self-doubt and insecurity when					
	(what you are doubtful and insecure about)					
	Side of Eye/ Temple: I can feel it in my (body part)					
	Under the Eye: It's at a number (number)					

• Under the Nose: It makes me feel ______ (feeling or sensation)



	• Chin: <i>In my</i> (body part) <i>at a number</i>					
	(number)					
	Collarbone: Really	(feeling	or sensation)			
	Underarm: So (feeling or sensation)					
	• Thumb: So (feeling or sensation)					
	Index finger: Doubtful and insecure because					
	Middle finger: I feel it in my (body part)					
	Little finger: So	(feeling or	sensation)			
4. Close the sequence by tapping on the side of the hand (Karate Chop poin						
	while saying your statement out loud: "Even though I experienced self-					
	doubt and insecurity when (what you are doubtful and insecure					
	about) and I can feel it in my	(body part)	and it's at a number			
	(add number) and it makes me feel (feelings and sensations), I					
	deeply and completely love and accept myself."					
5.	. Then relax: Take a gentle breath in and out and then a sip of water.					
6.	Then ask yourself, "What number	er is the self-doubt a	nd insecurity at?" If			

come down further, move to step 7.

reduced to a level you feel happy with, you can stop. If you would like it to



7. Then ask yourself:

- What is left about the self-doubt and insecurity? (I feel doubtful and insecure because...)
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How does it make you feel?
- **8.** Repeat steps 2-6 till the charge on what made/makes you feel self-doubtful and insecure comes down.
- **9.** Once this example is complete, go back and explore the remaining two examples.