

The Lie of Self-Doubt

Throughout my life many people and experiences would take me to the same emotional battle over and over again. My self-doubt and feelings of not being good enough would create significant mood changes or reactions that would become uncomfortable or disappointing. Over the many years with this struggle within I could see how my judgments with myself and others would trigger this same conflict, taking me to the source of the problem again and again.

My desire to shift this experience brought me to an awareness and a solution. The truth was I believed the lie that was planted inside me like a seed that continued to grow in my subconscious mind. When I didn't feel the love as a child I would assume that there was something wrong with me or someone else... fear would take over.

I can see clearly that we have all had this same seed of self-doubt, unworthiness, and fear of not being good enough since our childhood. I now know that this is the lie that keeps me a prisoner of my mind and the lie that stops me from feeling love or worth at the time of emotional ignition.

The truth is that we are all good enough and worthy of love. When I feel intimidated, blamed or judged I can now say to myself, "I don't believe the lie".

During The Inner Workout I can stand in front of the person who is reflecting this untruth and speak to them during a visualization saying, "I don't believe you, I am good enough and the love is in me".

It is our choice to believe the lie or the truth. If an experience or person is bringing this lie of self-doubt or fear up to the surface then at that moment we are believing the lie.

No one can make us feel something we don't believe. If we are feeling unworthy or not good enough, it is up to us to take the opportunity to acknowledge it, let go and forgive ourself and the other person so that the truth can live. We are all good enough and lovable.

Dig up the seeds of self-doubt and fear and replant many seeds of love and faith.

WE DON'T HAVE TO BELIEVE THE LIE!

Create healthy...

Relationships
Communication
Families
Self-worth
Parenting
Careers
Life Purpose