



## Self Doubt Helplessness

Helplessness: triggered by insecurity or low self-worth. Helplessness is a fear of success. Looks like: playing the victim, blaming, lack of self-trust, dependency, defeatist attitude.

### Behaviors:

Belief that “nothing ever goes my way”

Blaming others or the outside world for all outcomes in life (an extreme external locus of control)

Having every excuse in the book

You’ve learned that “poor me” gets you sympathy and attention from others

Overly overdependent on others

Feeling like the world owes you something

False sense of incompetence or that you can’t handle your problems

Lack of self-trust; you don’t believe you can do it alone

Unwillingness to be vulnerable

Won’t “do for” yourself—always wanting others to “do for you”

Fear of success because deep down you fear that if you were to succeed on your own you would lose the support of others

Lack of taking responsibility for your life

Acting like you’re giving others control of you because you need them but in reality you’re controlling them with your need

If being helpless doesn’t get you the caretaking you desire, you’ll resort to intimidation or coercion

Underlying feelings of anger at being expected to be responsible and self-approving when you’re still trying to get the approval and attention you never got as a child

## **Solution:**

**Step 1:** Identify in what areas you feel helpless and what beliefs support the feeling.

1. What areas in your life do you feel helpless in?

2. For each, what do you believe about yourself or this areas that makes you feel helpless?

**Step 2:** Identify who you are dependent on.

1. Who do you portray your helpless self to?

2. For each, what type of "helper" are they? Fixer, rescuer, advice giver, enabler, caretaker, guru? Which issues do you focus on with each person?

**Step 3:** Identify what you are afraid of that leads you to not want to take responsibility.

1. What are you afraid of losing (or other negative consequence) if you were to be self-sufficient and accept personal responsibility for yourself?

2. In what way can you see that the OPPOSITE is true? Meaning, can you see that you would, in fact, gain these things (that you're afraid of losing) if you were to take responsibility for yourself? (For instance, if you're afraid of losing love, can you see that by removing your dependency you will actually receive more love and appreciation from others?)

**Step 4:** Show yourself that you are capable of taking responsibility for yourself.

1. What evidence can you remember from your past that you CAN do it?

2. What specific areas do you already know you are capable of taking more responsibility for?

3. What areas could you take more responsibility for if you took small steps to improve?

4. What steps can you take next?

**Step 5:** Look at the reality you're creating for yourself due to helplessness.

1. How will continuing to play the victim, giving your power away to others, and remaining depending on others negatively impact your life if you continue it for another YEAR?

5 YEARS?

10 YEARS?

**Step 6:** Develop self-love.

1. What do you really enjoy doing that relaxes you and makes you feel happy?

2. When can you schedule 30 minutes a week for yourself to give yourself the gift of doing this activity?
  
  
  
  
  
  
  
  
  
  
3. Where and how will you do this for yourself? Put it on your calendar or set a reminder NOW .

**Step 7:** Set one small goal.

1. What is one small task you WANT to do that you normally only do if a) you first get advice from someone else or b) someone else helps you or does it for you?

2. When is the next time you expect this task to happen again?

3. What can you do to remind yourself to do it YOURSELF next time?

4. If appropriate, can you tell the person who usually helps ahead of time about your plan and ask them not to help you?

If you catch yourself trying to reach out to someone else to tell you what to do or do it for you, stop yourself and exhaust all options for doing it by yourself.

**Step 8:** Celebrate your progress.

Every time you do ANYTHING for yourself that you normally would not have, celebrate your progress. Smile at yourself in the mirror. Tell yourself you did a good job. Reward yourself by doing something you enjoy. Dance. Do anything that makes you feel good about it.

Remember, YOU CAN FEEL INSECURE AND STILL TAKE ACTION.