Self Doubt Hypercritical

Hypercritical: Triggered by fear of being hurt, disappointed, or failing. Looks like: Arguing against yourself, being self-critical, complaining.

Behaviors:

Looking for and focusing on flaws.

Focusing on why you can't do it.

Fixating on what can go wrong.

Analyzing things to death.

Knowing what you need to do but always having excuses why it won't work.

Believing you can't, it's not possible.

Avoid taking risks.

Your achievements in life have chronically fallen beneath you capabilities

Solution:

Step 1: Identify the excuses you're using to hold yourself back.

1. What excuses do you tend to use?

Step 2: Identify what you're afraid is going to happen?

1. What negative outcome do you believe is going to happen?

Step 3: Eliminate the excuse.

1. What can you do to eliminate this obstacle or possibility?

Step 4: Make a DECISION that you're going to commit to giving it your all for a certain period of time, giving yourself a chance to prove yourself wrong.

Example: A man feels like he cannot start a business because he fears he won't be able to provide for his family's needs. So, his choices are to:

a) Eliminate the excuse by getting a job
b) Commit to giving his dream 100% no matter what
c) Commit to giving his dream 100% for 2 months and then if it's not providing an income by then, he can get a job and keep working on his business