

MODULE 2:  
UNDOING  
NEGATIVE  
THOUGHT  
PATTERNS

# MODULE 2: UNDOING NEGATIVE THOUGHT PATTERNS

**Self-Doubt** - Self-Doubt is a mental state in which the mind remains suspended between two or more contradictory propositions, and is uncertain about them. Doubt on an emotional level is indecision between belief and disbelief. It may involve uncertainty, distrust, or lack of conviction on certain facts, actions, motives, or decisions. People who have a lot of self-doubts tend to have a wide range of expectations for their performance. They may expect poor performance at some times and excellent performance at others. These people cannot confidently state their level of competence, and they are often not sure whether they will be able to achieve the outcome they desire. When we're plagued by self-doubt, we often deal with it in ways that are automatic and unconscious. Here are some of them:

# Module 2: Undoing Negative Thought Patterns

**How to overcome self-doubt** - Self-doubt is closely linked to self-esteem. The following are some tips to stop self-doubt.

- **Positive self-talk** - Positive self-talk is a tool for improving mental health, enhancing performance, and increasing happiness.
- **Positive affirmations** - Positive affirmations incorporated into our daily lives can help us be more sure of ourselves,
- **Practice self-compassion** - If we are kinder to ourselves when we make mistakes or fail, we may experience less negative impact.
- **Find your strengths** - It is more helpful to focus on your strengths rather than your weaknesses.
- **Build self-trust** - You can build your self-trust by doing what you say you're going to do, being honest with yourself, and doing what you believe in.

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## **Feelings of inadequacy:**

Have you ever struggled to feel good about yourself? Do you wonder if you're good enough? Feelings of inadequacy tend to arise when we feel we are not as good or capable as other people. These feelings do not necessarily reflect our actual abilities or achievements. In fact, these feelings may be more a reflection of low self-esteem than any objective measure of ability or competence. A sense of inferiority can cause different reactions in people. Some withdraw, while others become aggressive.

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People who feel inadequate may experience:

- Anxiety, particularly with regard to performance.
- Heightened sensitivity and self-criticism.
- Reluctance to accept or trust in the affection of others.
- Low self-worth.
- Perception of failure.
- Fear of rejection.
- The inability to accept praise.
- Feelings of powerlessness.

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**Self-Hatred:** Also known as **self-loathing** refers to the underlying belief or feeling that one is simply not good enough. It's common to have low self-esteem and feel worthless when you suffer from self-loathing. Negative thinking can influence how you view the world; you may ruminate on the negative things, minimize the positive ones, and believe that no one loves or cares about you. However, all people are worthy of love and bring value to the world--including you. Through self-compassion, you can learn to forgive yourself and be less harsh in your self-criticism. Self-care comes from a place of acceptance and being gentle with yourself when you make mistakes.

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## Self-loathing symptoms and signs -

- **All or nothing thinking** - everything in your life is absolute; black and white, good or bad.
- **Negativity bias** - tend to live more pessimistically than optimistic.
- **Low self-esteem**
- **Emotional reasoning** - your feelings, regardless of what they are, are facts and there must be something wrong with you.
- **Difficulty accepting compliments** - Instead of accepting compliments graciously you discredit them.
- **Sensitivity to criticism** - Along with not being able to accept compliments, you find it hard to accept any kind of criticism.
- **Self-critical** - You attack your own character when you make any kind of mistake.

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## How to stop self-loathing -

- **Journaling** - This can be a cathartic way to get all your thoughts out of your head and on paper. This is a highly recommended way to begin any healing process.
- **Talk back to your inner critic** - Think of your inner critic as some kind of bully that you finally have the courage to stand up to. Battle that inner negativity with positive thoughts and counterarguments.
- **Practice self-compassion and self-acceptance** - learn how to shift your mindset, and be more gentle with yourself. Accept and love yourself unconditionally and soon you will see that it is a normal experience.
- **Consider the people in your inner circle** - It's imperative that you surround yourself with people with the mindset you are trying to achieve. Those with negative mindsets will keep you down.
- **Practice Meditation** - If you are having a difficult time separating yourself from negative thoughts, beginning a meditation regime could be beneficial.
- **Seek Therapy** - When all else fails, consider seeking help with changing your mindset.



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