

What stops you from feeling good enough?

Which statements most closely apply to you?



The belief that you must get it right

- You are strongly identified with your output and achievements
- You forgive others for their mistakes, but struggle to forgive yourself
- You over-think and over-plan situations to avoid failure
- Your inner critic might say: "When you achieve _____ (fill in the blank), you'll feel good enough." But there's always a next thing..

Try this: Create a list of your good qualities that have nothing to do with your achievements. Ask a friend to help. Look at your list often this month.



The belief that others are better than you

- You compare yourself to others
- Scrolling through social media leaves you feeling down and inadequate
- You talk yourself out of opportunities, convinced that others are better qualified
- Your inner critic might say, "You're a fraud. They're going to find you out."

Try this: Remember that even the most confident people have anxieties and moments of self-doubt. Unfollow any social media accounts that trigger you.



The belief that others need to validate you

- You need regular praise and appreciation to feel good enough
- You feel resentful when others take advantage of your giving qualities
- You have anxiety around saying "No" and letting people down
- Your inner critic might say: "Don't stand up for yourself" (fearful that others won't like you)

Try this: Remind yourself that you are worthy of love whether or not others approve of you. A phrase I use: I approve of me.



The belief that you should be better or different than you are

- Your good enoughness feels conditional on you being a certain way
- You stay in your comfort zone, waiting till you've changed to step out
- Your to-do list feels never-ending and overwhelming
- Your inner critic might say: "You won't fit in until _____ (fill in the blank)."

Try this: What don't you accept about yourself? Be specific. Your self-critical voice holds clues. How could you bring self-compassion and acceptance to those parts of yourself that you are currently rejecting?