

## Self-Doubt Quiz

“What are your self-doubt patterns?”

Here is a **self-discovery quiz** designed to help you gain insights and explore the roots, patterns, and triggers of your self-doubt. This quiz helps you uncover how self-doubt shows up in your life, where it comes from, and how it affects your behaviour and sense of identity - the first step toward self-understanding and change. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

**Instructions:** Choose the option that best reflects your **typical** thoughts, feelings, or behaviours — not how you *wish* you were, but how you generally are. Be honest and gentle with yourself.

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### 1. When I make a mistake, I usually:

- A. Beat myself up for it
  - B. Try to hide it or fix it quickly before anyone notices
  - C. Worry that it proves I’m not good enough
  - D. Try to learn from it but still feel uneasy
  - E. Accept it as part of growth and move on
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### 2. I hold back from doing things I care about because:

- A. I fear being judged or rejected
  - B. I think I’ll fail and embarrass myself
  - C. I feel like others are better or more qualified
  - D. I can’t seem to trust myself to handle it
  - E. I rarely hold back — I feel confident most of the time
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### 3. My inner voice often sounds like:

- A. “You’re not good enough.”
  - B. “Don’t mess this up.”
  - C. “Why can’t you just get it right?”
  - D. “You should be more like them.”
  - E. “You’re doing your best — keep going.”
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**4. When someone compliments me, I tend to:**

- A. Dismiss it or downplay it
  - B. Assume they're just being polite
  - C. Feel uncomfortable and unsure how to respond
  - D. Thank them, but secretly doubt if it's true
  - E. Accept it with appreciation
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**5. In high-pressure situations, I usually:**

- A. Freeze or procrastinate
  - B. Over-prepare obsessively to avoid messing up
  - C. Compare myself to others constantly
  - D. Get through it, but feel exhausted by self-criticism
  - E. Rise to the occasion and trust myself
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**6. When I think about my past, I often:**

- A. Replay things I did wrong
  - B. Feel like I never quite measured up
  - C. Remember the times I disappointed others
  - D. Focus on missed opportunities
  - E. See how far I've come
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**7. My self-doubt feels strongest when:**

- A. I'm being watched or evaluated
  - B. I'm starting something new
  - C. I'm around confident or accomplished people
  - D. I've already failed once
  - E. Honestly, it doesn't feel that strong anymore
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**Results – Which Self-Doubt Pattern Do You Relate To?**

Tally the letters you chose most often:

## Mostly A – The Inner Critic

You tend to internalize mistakes and talk harshly to yourself. Your self-doubt is shaped by perfectionism or fear of disapproval.

**Growth Path:** Practice self-compassion. Your inner critic may be trying to protect you, but you can learn to talk to yourself like a friend instead of a judge.

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## Mostly B – The Fearful Avoider

You often anticipate failure and try to prevent it by avoiding risk. Your self-doubt stems from fear of failure or humiliation.

**Growth Path:** Begin taking small, safe steps toward discomfort. Courage isn't the absence of fear — it's action in spite of it.

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## Mostly C – The Comparer

You frequently compare yourself to others and feel “less than.” Your self-doubt may be shaped by social insecurity or external validation.

**Growth Path:** Build internal validation by naming your own values and wins. Shift your focus from comparison to connection.

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## Mostly D – The Quiet Doubter

You may appear functional but feel unsure on the inside. Your self-doubt stems from low self-trust or a shaky sense of worth.

**Growth Path:** Strengthen your confidence through action. Keep promises to yourself and collect evidence of your own capability.

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## Mostly E – The Self-Aware Mover

You've built resilience against self-doubt and are on a healthy path. While doubt still shows up, it doesn't control your behaviour.

**Growth Path:** Keep showing up. Model self-acceptance for others and nurture your growth mindset.