

**Your self-doubt
archetype is...**



**The
Alchemist**



THE 12 SELF-DOUBT ARCHETYPES

THE SELF-DOUBT ARCHETYPE MODEL

The Self-doubt Archetype model was developed by Sas Petherick.

This offers a framework to explore the emotional, behavioural and psychological patterns of how we experience and respond to our self-doubt.

There are twelve Self-doubt archetypes. They are all designed to be:

- Judgement-free: each contains strengths and gifts, as well as a shadow side of fears and challenges.
- Relatable: we recognise ourselves (and others) in the characterisations.
- Reassuring: how we experience and respond to self-doubt, are valiant and effective ways we create emotional safety for ourselves.
- Adaptable: once we are aware of our tendencies, we can choose differently.
- Meaningful: they add depth and dimension to our personal experience of self-doubt.

Importantly:

The archetypes are not descriptions of your personality - they are characterisations of how you tend to experience and respond to self-doubt.

The Alchemist Innocent Altruist Archetype is as aspect of

NEEDS AND EMOTIONS

BELONGING

CONNECTION

Self-
acceptance

Alchemist

Innocent

Altruist

Belonging is the aspect of our psyche that wants to connect to ourselves, our emotions and our bodies, to the natural world and mostly importantly to others.

We all have an inner-Lover who helps us access our primal need to belong, to be willing to be vulnerable, to feel, and to know that being loving and being loved, is essential for us to thrive.

Our inner-Lover helps us to recognise our people and to connect to friends, family, romantic partnerships, our workmates and wider communities through our emotions. Belonging is where our self-acceptance is nurtured.

When we look at your Belonging through the lens of self-doubt, we begin to understand more about how your relationship with your inner-Lover has been distorted.

Remember, self-doubt has an important role to protect us from psychological risk. When it comes to belonging, this can look like protecting us from vulnerability, judgement, rejection and abandonment, from our emotional needs and from who we believe we need to be, to belong.

This is an invitation to explore the relationship you have with Belonging.

When our Belonging is in shadow (when we resist and repress this aspect of ourselves) reoccurring themes tend to show up:



- Not loving ourselves in the ways we wish to be loved
- Giving too much of ourselves in an effort to be needed
- Constantly replaying conversations or worrying about the status of relationships
- Not allowing anyone to get too close
- Constantly testing people or playing games

When our Belonging is in the light (when we acknowledge and claim this aspect of ourselves) we have the heart, wisdom and courage to love and be loved. We are able to access:

- Intimacy from letting ourselves be known
- The full spectrum of our emotions
- True connections based on who we really are
- Acceptance and grace for connections that change and end
- Beauty and sensuality in many forms





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Values & Gifts:

- Spontaneity
- Independence
- Freedom

Fears & Challenges:

- Boredom
- Intimacy
- Commitment

The Alchemist Self-doubt and Self-acceptance

The Alchemist's gift is the ability to live in the moment. Sharing experiences, creating memories and being playful are key ways that Alchemists feel belonging. At their best, Alchemists are compassionate, spontaneous, authentic and joyful.

Alchemists can usually lighten up stressful situations or turn laborious and mundane tasks into something fun and light-hearted.

These charismatic qualities carry an innate tension for Alchemists, as their self-doubt is tied up with emotional intimacy.

If you have a predominant Alchemist archetype, it's likely that your kryptonite is feeling dependence, feeling trapped or beholden to others.

Therefore, self-doubt is likely to be most acute when you are faced with emotional intensity in yourself or others. You may find that under pressure, you look for an escape route.

Alchemists tend to have a deep-seated belief that love and belonging isn't worth the hassle. You may feel you can only belong to others for a short time or that you can experience love up to a point. This can look like compartmentalising your relationships into different areas of your life, not allowing yourself to be truly known, or focussing on small imperfections and allowing this to get in the way of connection.



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Because they tend to feel safest on their own, Alchemists tend to be highly self-reliant and the ability to keep getting back up not matter what life throws at them.

This resilience can often appear as though they don't take life or other people's opinions too seriously, but Alchemists have usually learnt that they can only trust themselves.

Alchemists tend to have a shadow wound that it's not safe to get too close.

It may be that your experience of relationships has been transactional, highly judgemental or lacking true acceptance. By keeping an emotional distance from others, you are doing an excellent job of protecting yourself from being hurt.

Experiments to embody Self-acceptance as an Alchemist:

- **Begin to expand your emotional vocabulary:** practice identifying your emotions and notice how intensely you feel them. You could do this as an evening ritual and see what you remember from the day.
- **Notice when you distance yourself from others:** are there specific contexts, people or situations that feel unsafe? What does this remind you of?
- **Practice sharing more of yourself in safe and small ways,** begin to expand your tolerance for connection.
- **Show kindness towards others,** notice the emotions and body sensations (however subtle) this generates.
- **Find ways to ask for help and support** (even if you don't 'need' it). Allow yourself to practice trusting others in low-risk ways.



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