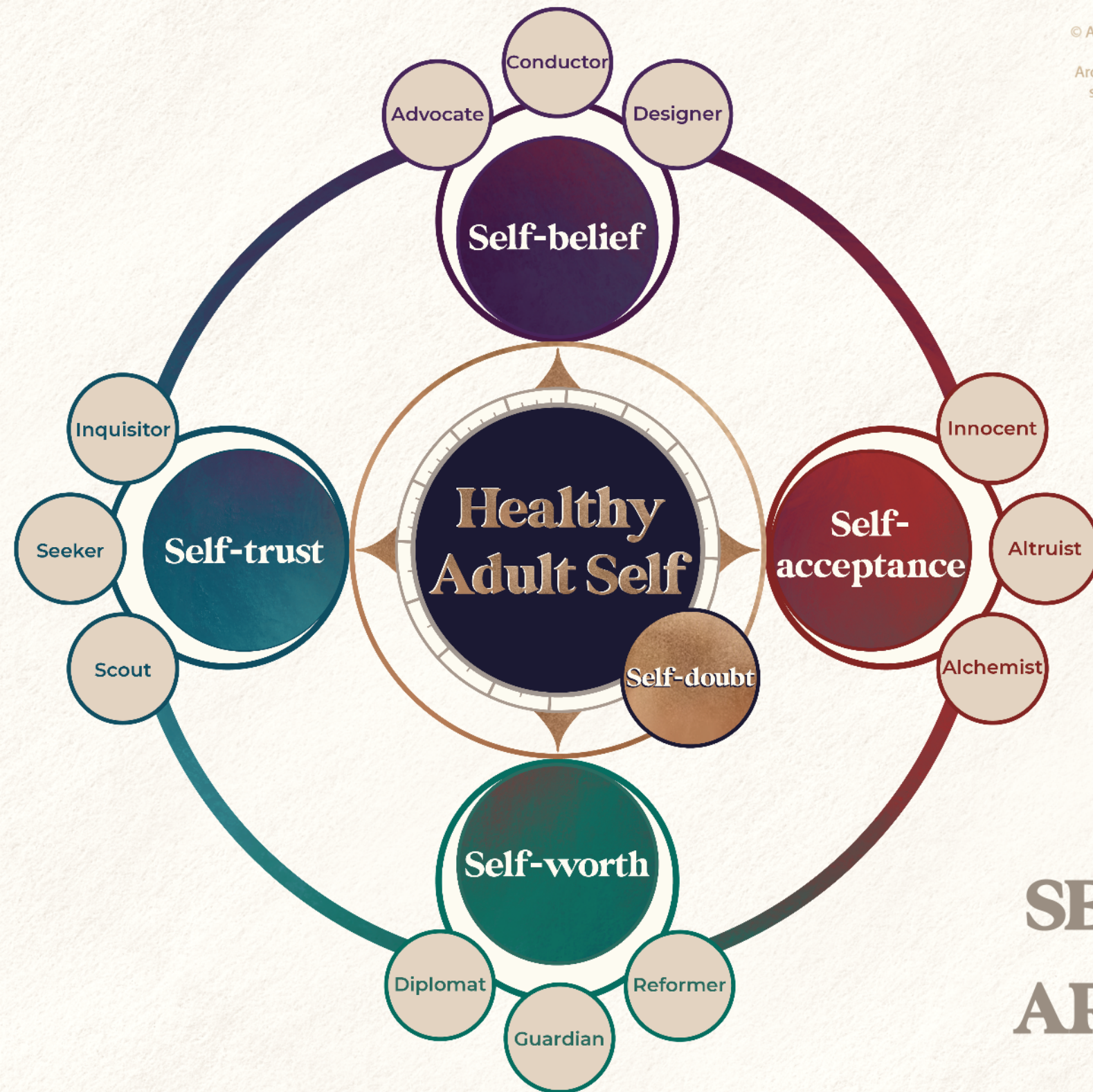


**Your self-doubt
archetype is...**



**The
Altruist**



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





Altruist

Values & Gifts:

- Compassion
- Connection
- Empathy

Fears & Challenges:

- Reassurance
- Resentment
- Martyrdom

The Altruist, Self-doubt and Self-acceptance

The Altruist's gift is their ability to show compassion for others. They tend to feel most alive when they feel connected, seen and accepted by others. At their best, Altruists are generous, loyal, sensitive and resilient.

Self-doubt for Altruists is tied up with needing to be needed by other people.

Connection is paramount to Altruists and to protect themselves, they are prone to constantly giving of themselves and may lose their identity within relationships.

If you have a predominant Altruist archetype, it's likely that your deepest fear is rejection. Consequently, you may find you are always seeking to be needed and useful, relied upon and dependable. You might find you have an automatic response to accommodate others and are constantly volunteering to help. But spending so much time absorbed in other's lives can leave Altruists feeling quite disconnected from their own needs, desires and preferences.

Giving so much of yourself can leave you depleted of energy.

This can slip into resentment and perhaps even martyrdom. You may find you seek solace in passive behaviours (scrolling, eating, drinking, shopping) where nothing is required of you.

Altruists typically have a deep capacity to be with people in their most difficult moments and it's likely you are sought out as a shoulder to lean on.

You probably feel most comfortable when people tell you how they feel. This is also your gift as you are probably very comfortable scooping up the people on the edges and inviting them in.



Altruist

Emotional safety for Altruists is about feeling reassured. This might look like constantly replaying conversations in your mind or worrying about the status of your relationships. It's likely you feel constantly braced for disturbances in relationships. You may be quite sensitive to unspoken conflict, discomfort and resentment.

Altruists are prone to oversharing as a way of seeking connection.

You may also find you have a lot of unspoken rules and opinions about what other people should do, and find it difficult when people don't follow your advice.

Altruists tend to have a shadow wound that they are not loveable, and the tendency to be needed by others is a way of accessing belonging.

It may be that you never experienced love that was available, accepting and responsive; or love came with many conditions about who you needed to be. In this light, it makes complete sense that you would try to control any anxiety about your value to others, by pursuing closeness and reassurance.



Altruist

Experiments to embody Self-trust as an Altruist:

- **Begin to validate yourself.** Make a list of all the qualities you possess and find evidence for these. Notice how many are about what you do for others - practice treating yourself as you would a beloved friend.
- **Whenever you feel the urge to seek reassurance from others, give it to yourself.** What do you wish someone would say to you in this moment? Say it, write it down, give yourself a pep talk.
- **Notice when you become resentful or frustrated in relationships.** Are you sacrificing yourself in some way? How else could you respond?
- **Make a list of all the people important to you right now.** List the expectations you have of each person - what do you need more of, or less of from your people? Given what you know of everyone, how realistic are these expectations?
- **Begin to observe yourself when you are with other people.** Notice if your attention is in the past, projecting into the future or in the here and now. Notice if you are spending your energy trying to work out what they want, or if you are paying attention to your own needs.



Altruist