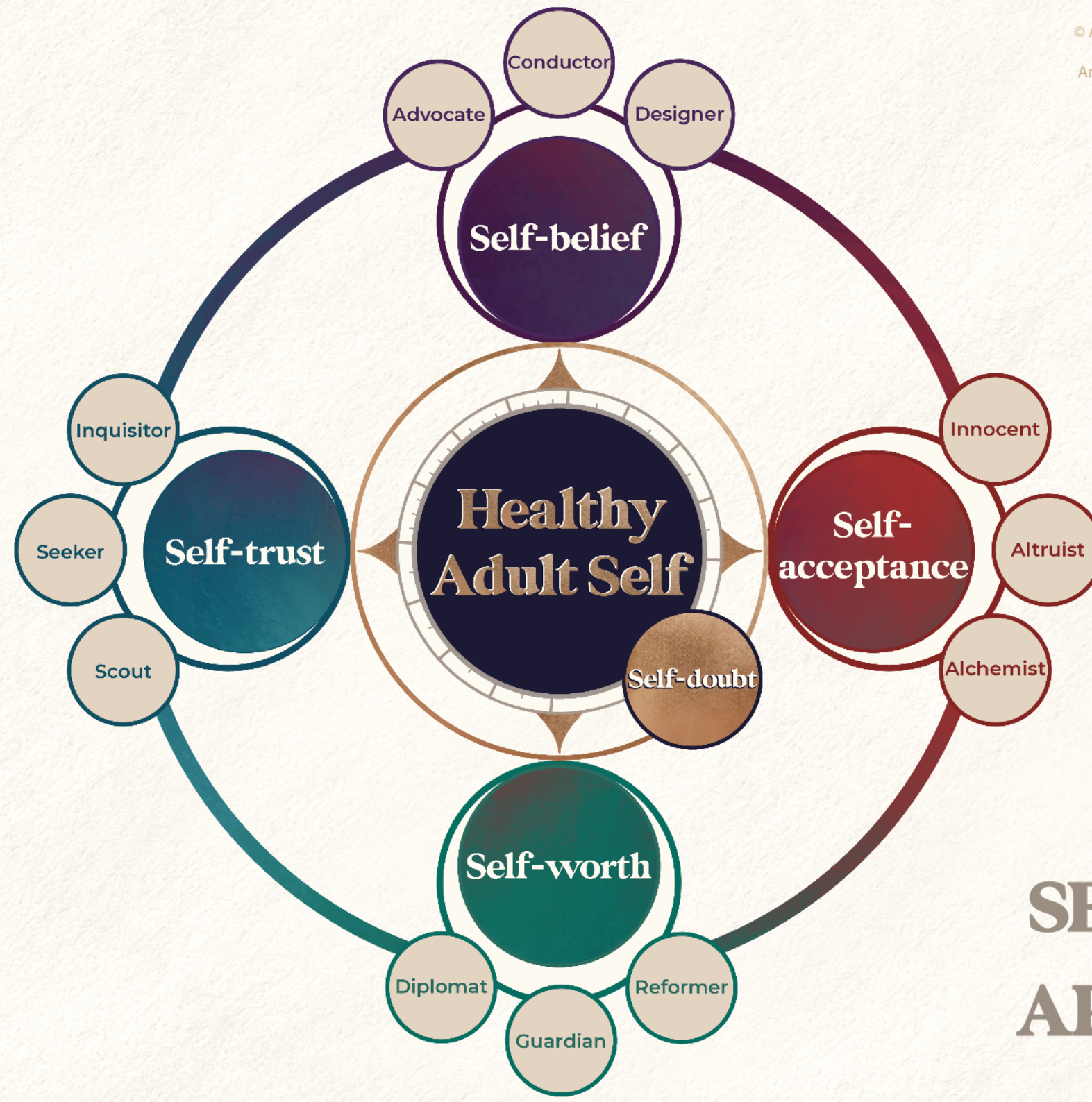


**Your self-doubt
archetype is...**



**The
Innocent**



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





Innocent

Values & Gifts:

- Optimism
- Empathy
- Spontaneity

Fears & Challenges:

- Independence
- Power
- Responsibility

The Innocent, Self-doubt and Self-Acceptance

The Innocent's gift is the ability to be light-hearted, childlike and playful in relationships. Innocents are fun to be around; curious, full of adventure and often mischievous, the Innocent balances the seriousness of adult responsibilities. At their best, Innocents are optimistic, empathic, loyal, nurturing and spontaneous.

Self-doubt for Innocent's is tied to feeling helpless, and they are prone to depending on others as a way of feeling belonging. Through simple acts of kindness, being consistent and unpretentious, Innocents have a talent for eliciting help from others.

If you have a predominant Innocent archetype, it's likely that your kryptonite is independence.

You might feel incapable of standing on your own feet, making your own decisions, being in relationships with equals. Innocents often feel unqualified to be an adult.

Innocent's often have difficulty navigating between dependency and responsibility: when to own your own stuff, when to have a healthy reliance on others, when to trust yourself and when to ask for help. If there is one message Innocent's cannot hear enough its: you can do hard things!

Innocents are often hyper-sensitive to any hint of criticism, and this can mean Innocents tend to hide as a way of avoiding difficulties.

This can look like constantly being late or waiting until the last minute to make excuses not to come, deciding some connections are too hard, or just not doing the things you know you need to do. You might find you often get sick or create situations create situations where you need to be rescued or supported.



Innocent

Innocents tend to have a shadow wound that they are not worthy of love.

It may be that you were rejected, hurt, traumatised or abandoned by someone. By choosing to be dependent on others, you may be testing their reliability, and because of your sensitivity for any sign of criticism, it's likely that most people fall short of your expectations.

Experiments to embody Self-trust as an Innocent:

- **Choose something that needs to be done that feels exhausting or difficult.** Break it down into small steps and complete one thing in the next hour. Notice how this feels. Keep going.
- **Pay attention to those 'this always happens to me' experiences.** Are there common patterns to the emotions, roles, responses you have?
- **Get curious about when you first experienced feeling powerless:** what did you make this mean about how to keep yourself safe in relationships?
- **What event in your history is longing for your compassion?**
- **What have you discovered about your power from past successes?**



Innocent