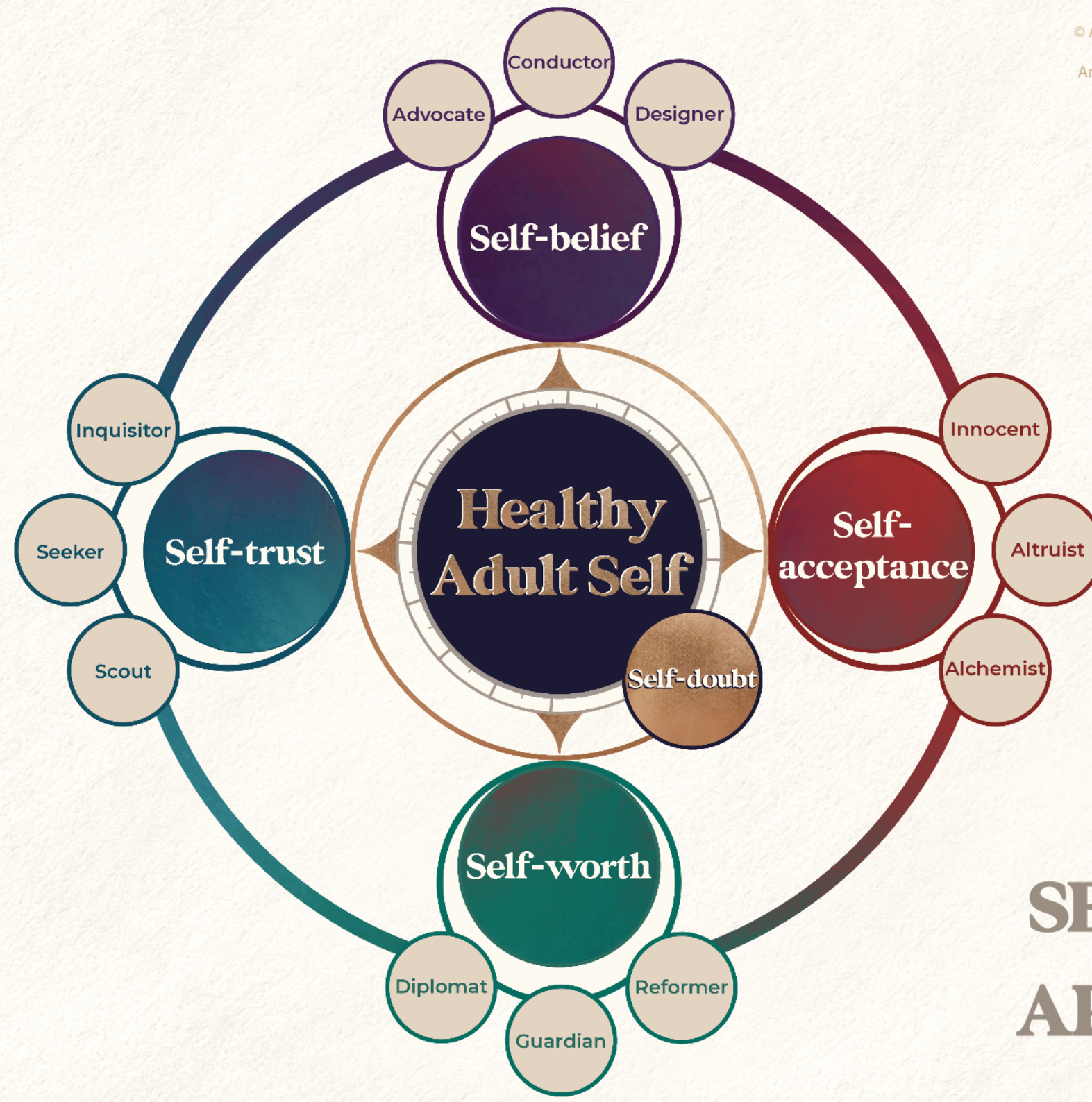


**Your self-doubt
archetype is...**



**The
Inquisitor**



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 Seeker Inquisitor Scout Archetype is as aspect of Wisdom.

DISCERNMENT AND DECISIONS

INTELLECT AND INTUITION

PERSPECTIVE



Self-trust

Inquisitor

Scout

Seeker

Wisdom is the aspect of our psyche that makes sense of the world, it's how we know what we know. We call on this part when we need to make a choice.

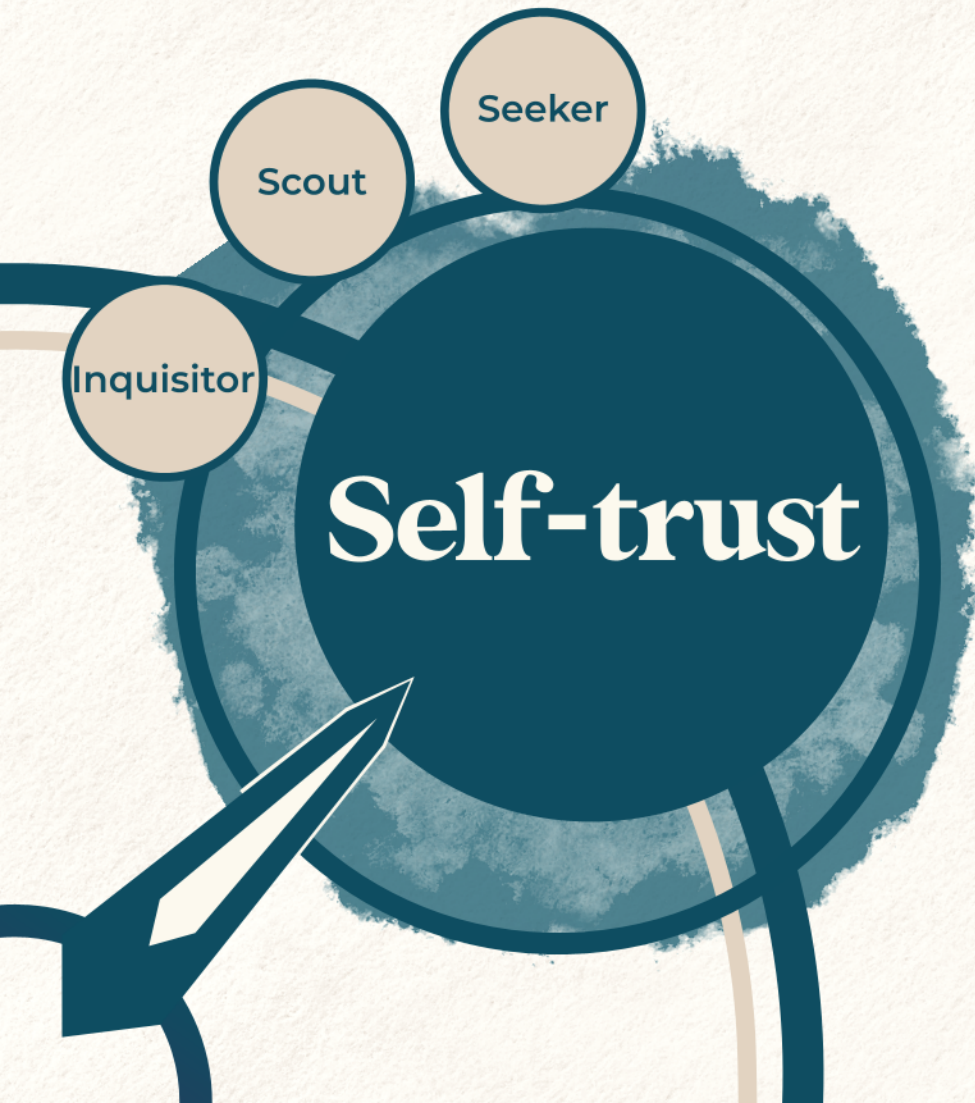
We all have an inner-Sage who helps us take a step back and see different perspectives, facts and opinions so we can know the options available to us. This wise aspect of ourselves helps us to take in this information and make use of it, to have faith in our resourcefulness to figure things out, whatever happens. This is where our Self-trust is nurtured.

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

Remember, self-doubt has an important role to protect us from psychological risk. When it comes to your relationship with your wisdom, this can look like protecting yourself from the wrong decision by never deciding, getting lost in research or outsourcing your decision-making.

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

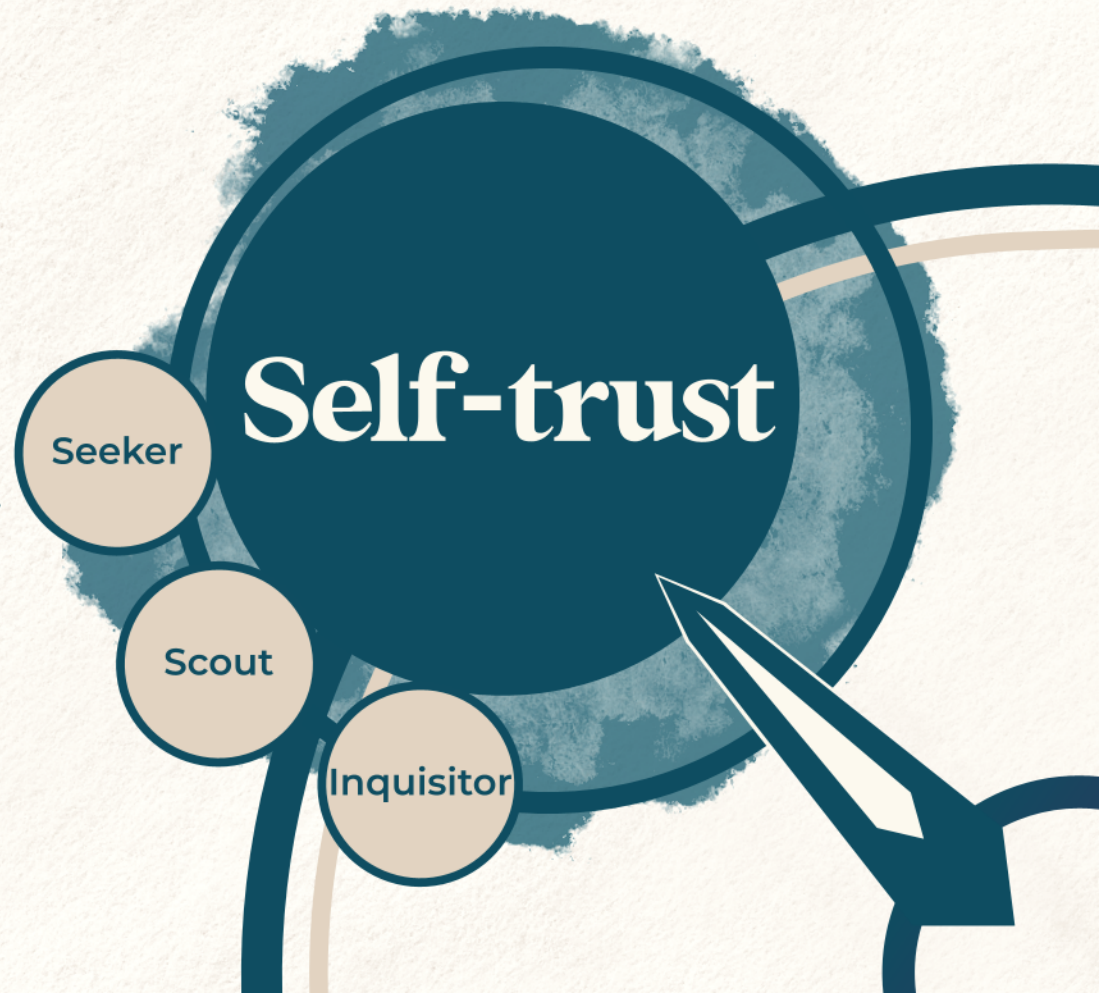
When our Wisdom is in shadow (when we resist and/or repress this aspect of ourselves) reoccurring themes tend to show up:



- Reluctant to commit to a choice in case a better option comes along
- Constantly searching outside of yourself for The Answers
- Getting bogged down in details, constantly researching, never choosing
- Becoming overly vigilant, controlling or judgemental about other people's decisions
- Feeling cut-off from your gut feelings, instinct and intuition

When Wisdom is in the light (when we acknowledge and claim this aspect of ourselves) we have the heart and courage to make decisions and be with the outcomes of our choices. We are able to:

- Access and consult with our internal 'trusted advisor'
- Be with our fears and listen to what they are telling us with discernment
- Open up to our gut feelings, instinct and intuition
- Take action with imperfect information
- Detach from a specific outcome and enjoy the adventure





Inquisitor

Values & Gifts:

- Openness
- Adventurous
- Perceptive

Fears & Challenges:

- Disappointment
- Details
- Ambiguity

Inquisitors, Self-belief and Self-trust

The Inquisitors gift is their ability to take a wide and deep perspective, weigh-up evidence and think critically. Inquisitors enjoy exploring different points of view, like to feel informed and are probably on Twitter! At their best, Inquisitors are fascinated, driven and dedicated.

Once they have found a particular passion, Inquisitors tend to come alive and often become experts in a field of interest. Thriving on the discovery of new possibilities carries an inherent tension for Inquisitors, as their self-doubt is tied to trusting themselves. Consequently, Inquisitors may feel both overwhelmed by research, and paralysed at making the 'right and best' choice.

If you have a predominant Inquisitor archetype, it's likely that your kryptonite is the risk of getting things wrong.

Self-doubt is probably most acute when you are trying new things or putting your work, opinions and creations into the world. To keep yourself safe, you may find you avoid taking any action.

When self-doubt is high, Inquisitors tend to get bogged down in detail and are prone to scanning all possible alternatives before making a decision - whether choosing from a menu, which route to take for a trip, or deciding on their next career move.

When Inquisitors do make decisions, it doesn't necessarily bring a sense of relief or empowerment.



Inquisitor

Instead, you are likely to feel restricted as now you've cut off the option of finding an even better opportunity! You may find you mull over past decisions and wonder if things would be different now, had you made another, better choice. This can all create a lot of internal conflict and Inquisitors tend to be quite critical, judgemental and frustrated with themselves.

Emotional safety for Inquisitors tends to be connected with analysis; convinced that the best approach is to think your way through decisions.

Getting lost in research without taking any action, can be exhausting and because it's common for Inquisitors to imagine the worst-case scenario, you may feel paralysed by having to decide when every choice already feels doomed.

Inquisitors tend to carry a shadow wound that they cannot be trusted to make the right choice.

It may be that you were never given responsibility of choosing and allowed to make mistakes. Self-trust can be hampered when we believe there are too high expectations of us, or when the 'rules' are unspoken, unclear or conditional.

In this light, it makes complete sense that you would feel conflicted about trusting yourself. Your tendency to check you are making the right and best choices, may be how you protect yourself from disappointment or from being disappointing to others.



Inquisitor

Experiments to embody Self-trust as an Inquisitor:

- **Befriend yourself.** The fastest way to build trust with another person is to listen to them with empathy, kindness and curiosity, rather than waiting to reply, explain or advise. This applies to ourselves especially. What are three ways you can you treat yourself like a good friend? Start today.
- **Keep a promise to yourself.** Self-trust is grounded in self-awareness, consistence, and honouring commitments. Create some evidence that you can trust yourself - choose a practice or a habit that you would like to cultivate (the smaller and more doable, the better).
- **When it comes to fear, gather evidence.** This can be particularly useful when you are stuck in a cycle of self-criticism. Ask yourself: what are the facts of the situation? What could you prove in court? Try to name the fear that might be underlying your stuckness. It might be as simple as 'This is the first time I have done this, I don't want to be disappointed'.
- **Start listening to yourself.** Inquisitors tend to prefer the world of the mind so you may not really know what your gut feelings are telling you. Sit with questions or choices and notice what comes up: images, memories, smells, a sense of what feels right, a sensation of lightness or constriction. These can be subtle at first, so channel your natural curiosity and see what comes up. What do you think your gut feelings are telling you?
- **Self-trust offers a way to explore your possibilities, gifts, and passions so get to know yourself!** Use a box, basket or bucket and go on a treasure hunt for the things that bring you joy. Magazine articles, conversations, tv and film, clothes, experiences: record everything on a note and collect in your bucket. When it's full, sort everything into themes - what does this tell you about what lights you up?



Inquisitor