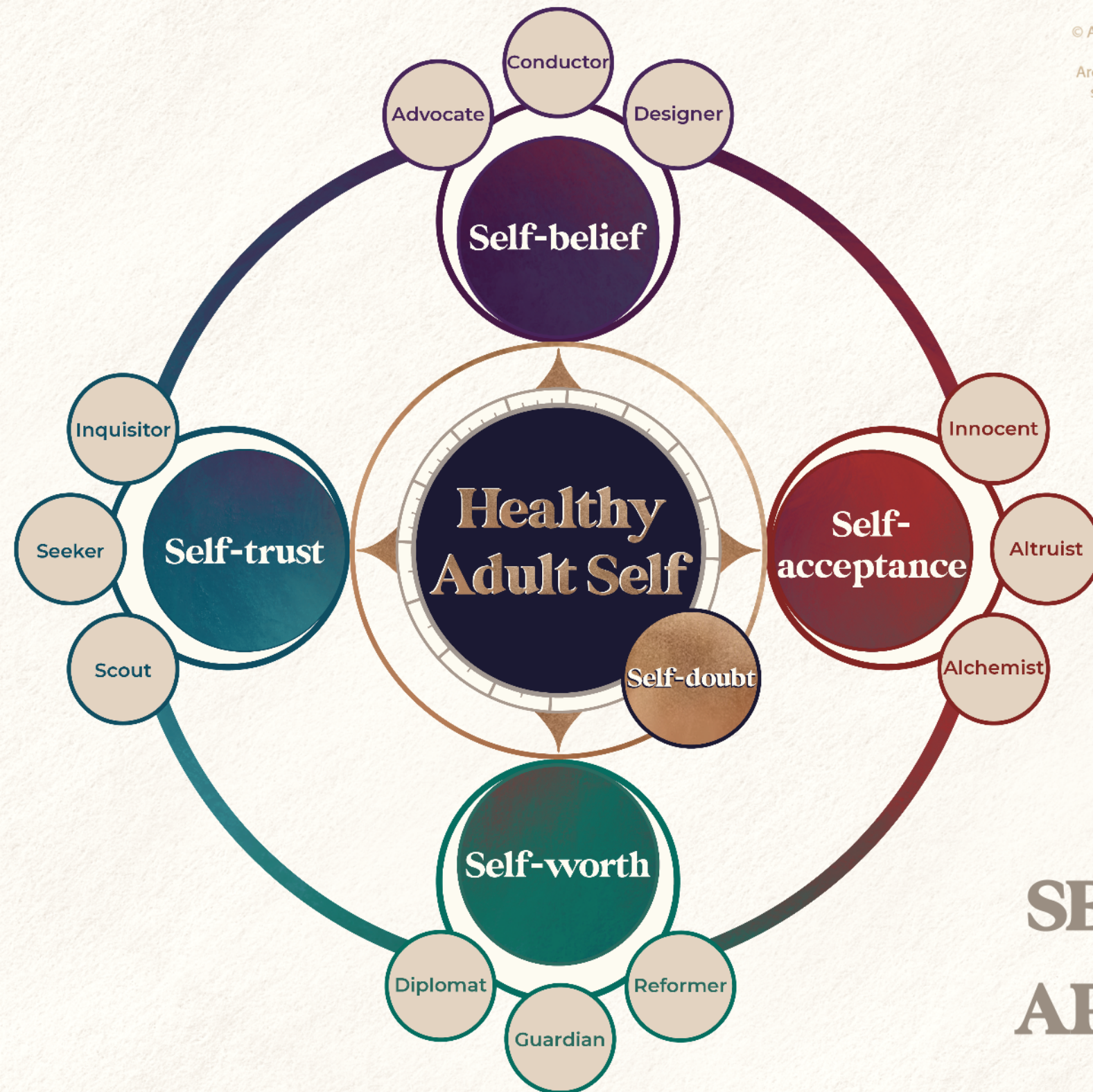


**Your self-doubt
archetype is...**



**The
Scout**



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.

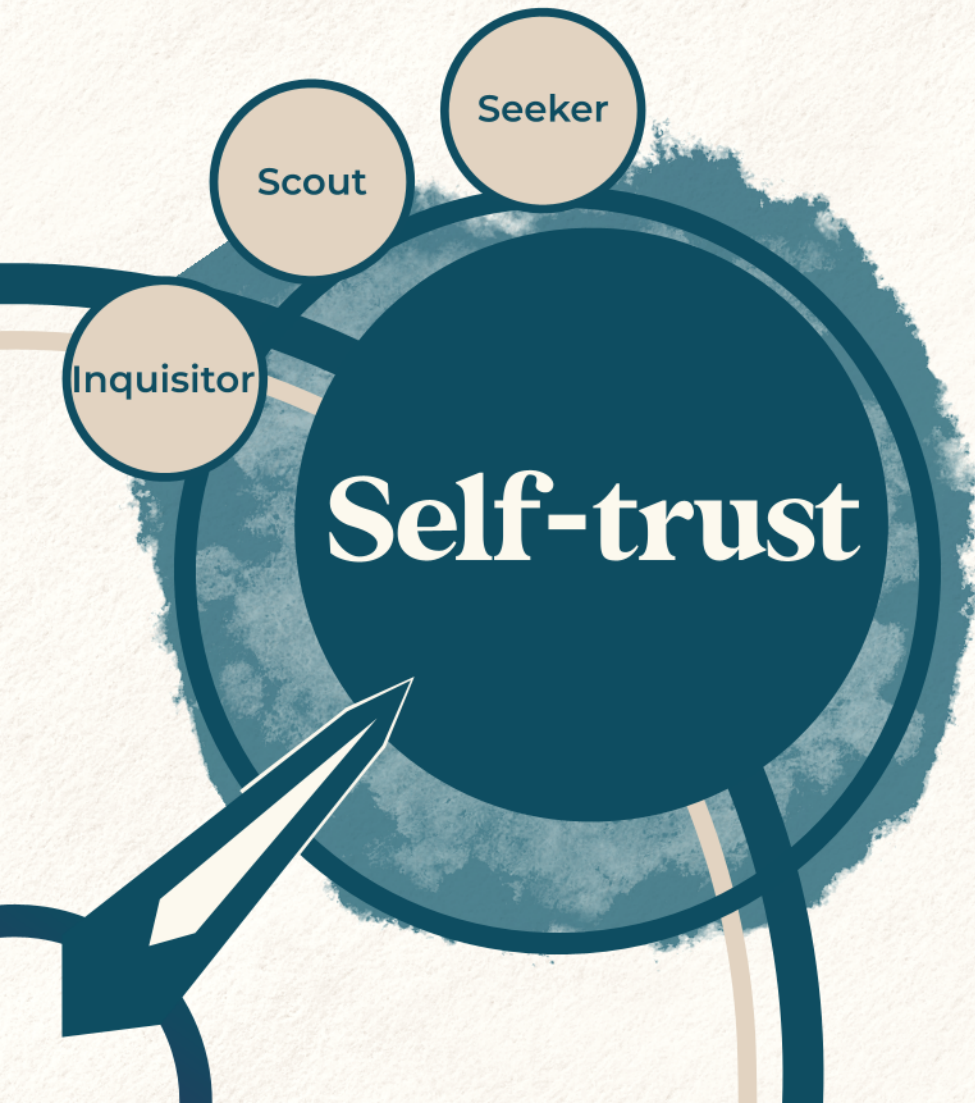
We all have an inner-Sage who helps us take a step back and see different perspectives, facts and opinions so we can know the options available to us. This wise aspect of ourselves helps us to take in this information and make use of it, to have faith in our resourcefulness to figure things out, whatever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

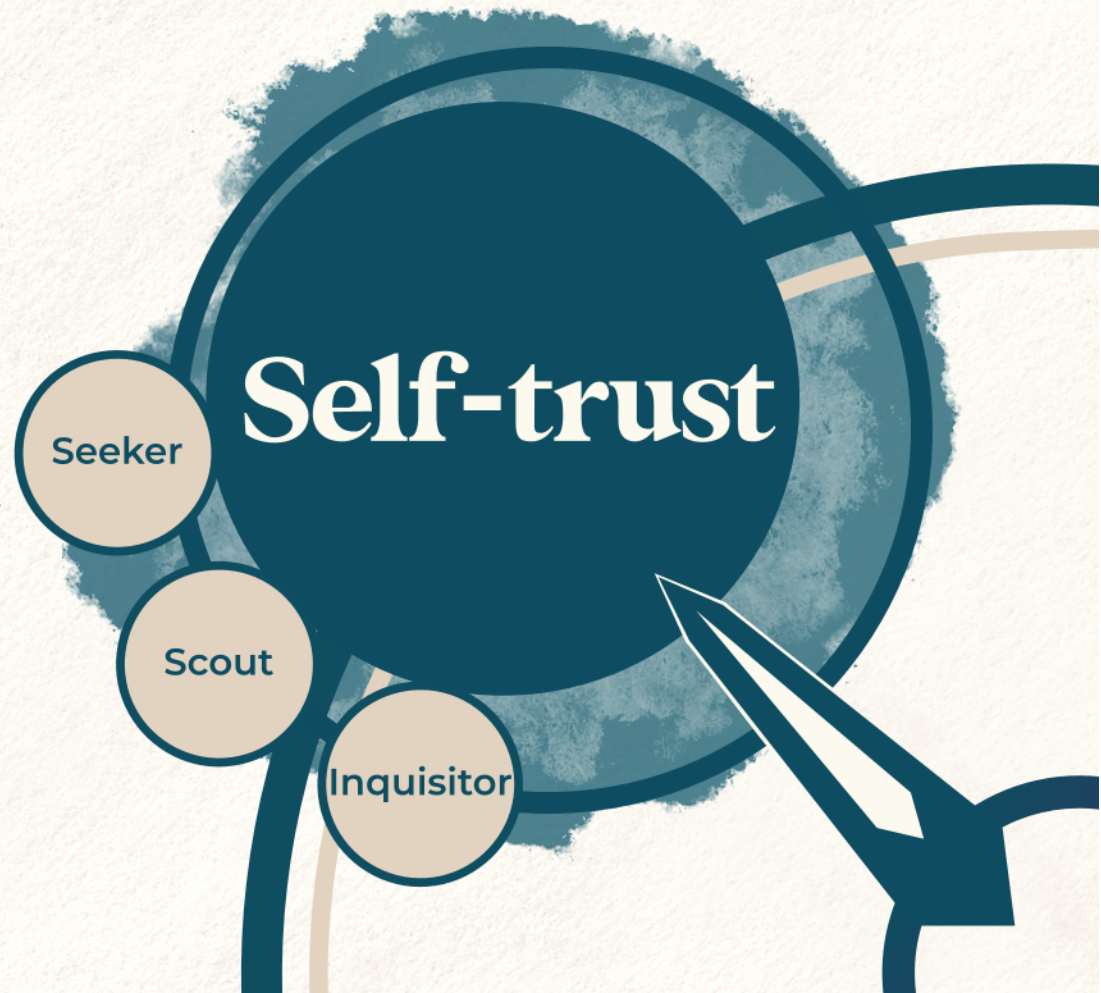
When our Wisdom is in shadow (when we resist and/or repress this aspect of ourselves) reoccurring themes tend to show up:



- 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





Scout

Values & Gifts:

- Observant
- Evidence-based
- Alert

Fears & Challenges:

- Trust
- Power
- Vigilance

The Scout, Self-doubt and Self-trust

The Scouts gift is their ability to question, plan and prepare for any eventuality. Scouts are primarily interested in understanding what's going on and tend to listen as much as they speak. At their best, Scouts are observant, discerning, objective and have a broad perspective on people and situations.

Scouts tend to feel most comfortable when life is fairly predictable, consequently they seek out stability and routine. What might appear mundane to others, are ways for Scouts to feel safe in a volatile and uncertain world.

Experiments to embody Self-trust as a Scout:

- **Explore your relationship with trust.** Are there people in your life who have mistreated your trust? Who do you trust in your life right now? In what ways do you trust yourself? What does this tell you about how you are protecting yourself?
- **Experiment with offering reassurance and compassion to yourself.** This may feel new, awkward or deeply cheesy! What do you wish someone would offer you to help you feel safe? Can you say this to yourself?
- **Practice listening to your gut feelings.** Reflect on situations or people that feel confusing or uncertain. Hold them lightly and notice what comes up: images, memories, a sense of what feels right, a sensation of lightness or constriction. Information that comes up can be subtle at first, but it's like a muscle that becomes stronger with practice.
- **Find your people.** Explore who is doing similar work or contributing to causes you want to get involved with, connect with them, offer your contribution. Allow yourself to feel less like a lone wolf and more like a member of a pack.
- **Be aware of your perspective.** When you feel any kind of stress, notice your perspective: are you stuck in the 'mouse-eyed view' of the details and minutiae? Practice moving into 'eagle-eye view' and take in a broad perspective - what else might be going on? If you look back from a year ahead, what is the best action to take today?



Scout

If you have a predominant Scout archetype, it's likely that your kryptonite is the risk of being shocked, ill-informed or unprepared.

Self-doubt is probably most acute when you are in unfamiliar or ambiguous situations. You are likely to feel overwhelmed by people who ask lots of questions or have many opinions without any basis in fact. Scouts tend to be sceptical of authority because of the potential damage power can cause; you may feel reluctant to step into positions of authority yourself.

Alert by nature, Scouts often see things that others miss.

They tend to be deep thinkers who question anything that seems too good to be true. In groups, Scouts often lean towards the role of devil's advocate. You might have a reputation for being a bit 'Negative Ned' but Scouts like to make sure all bases are covered, in an effort to put out fires before anything or anyone, gets burnt.

When self-doubt is high, this conscientiousness can become distorted into mistrust and suspicion. You may find you become defensive; feeling criticised when questioned or reacting disproportionately harshly.



Scout

Judging or blaming others is a common response for Scouts under pressure.

This can create a compound effect where you are trying so hard to be vigilant, but this goes unappreciated and unacknowledged because of your style of delivery. You may find you work extra hard to try and prove yourself and find it extra difficult to ask for help.

Scouts tend to carry a shadow wound that no one can really be trusted, and they need to be prepared for something to go wrong.

Often this vigilance is grown from experiences of chaotic or unreliable psychological safety. This can also be a result of growing up in a family where emotions were confusing: either always on display or never exhibited. It may be that someone in a position of authority behaving in a way that was disorienting, frightening or traumatic, either with you or someone you love. You may also have experienced family, school or workplace settings where the public version did not match what you experienced in private.

In this light, it makes complete sense that you would feel conflicted about trusting people, including yourself. Your tendency to prepare and question is a completely understandable response to want to create some safety for yourself.



Scout