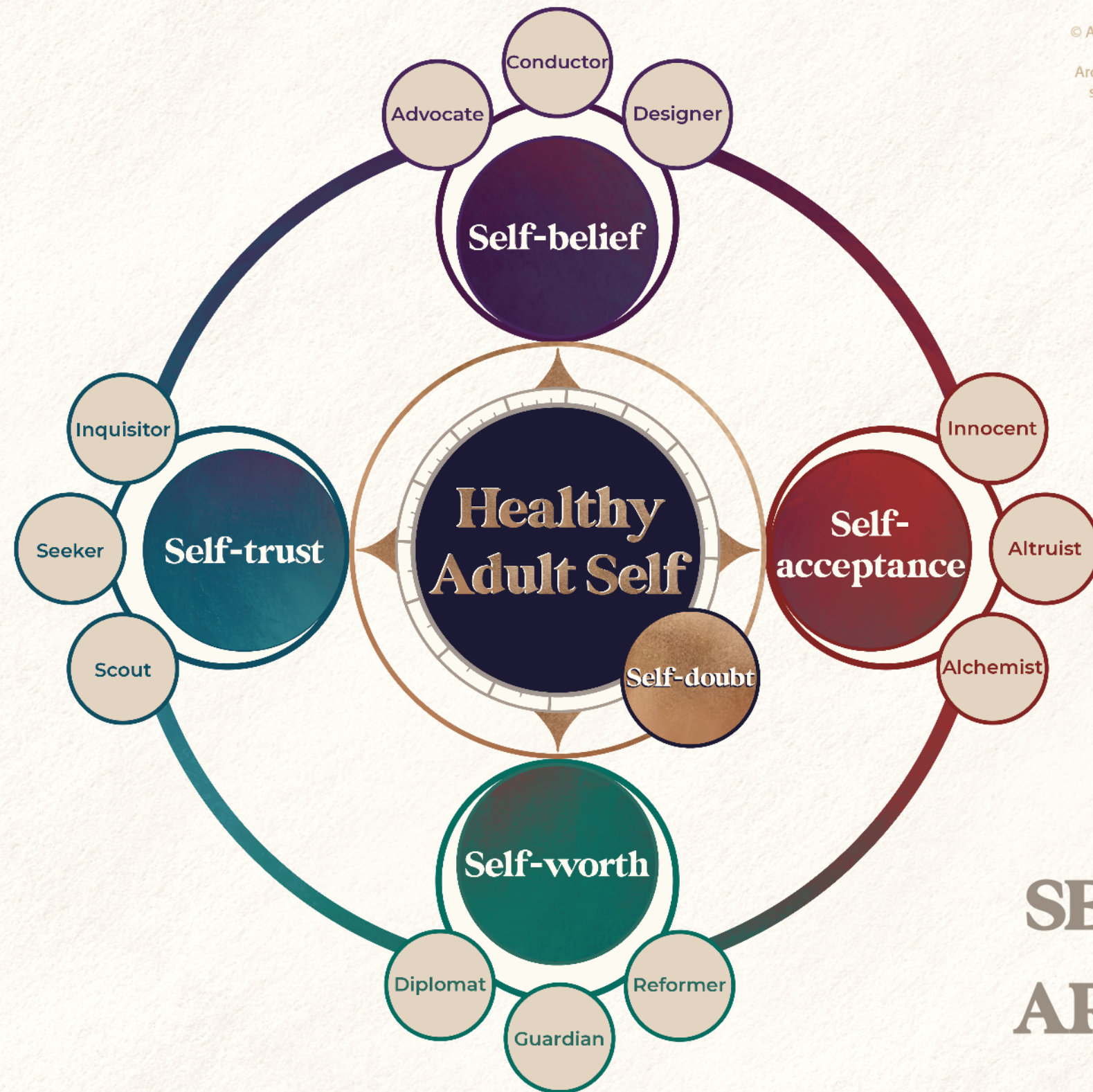


**Your self-doubt  
archetype is...**



**The  
Seeker**



# 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.

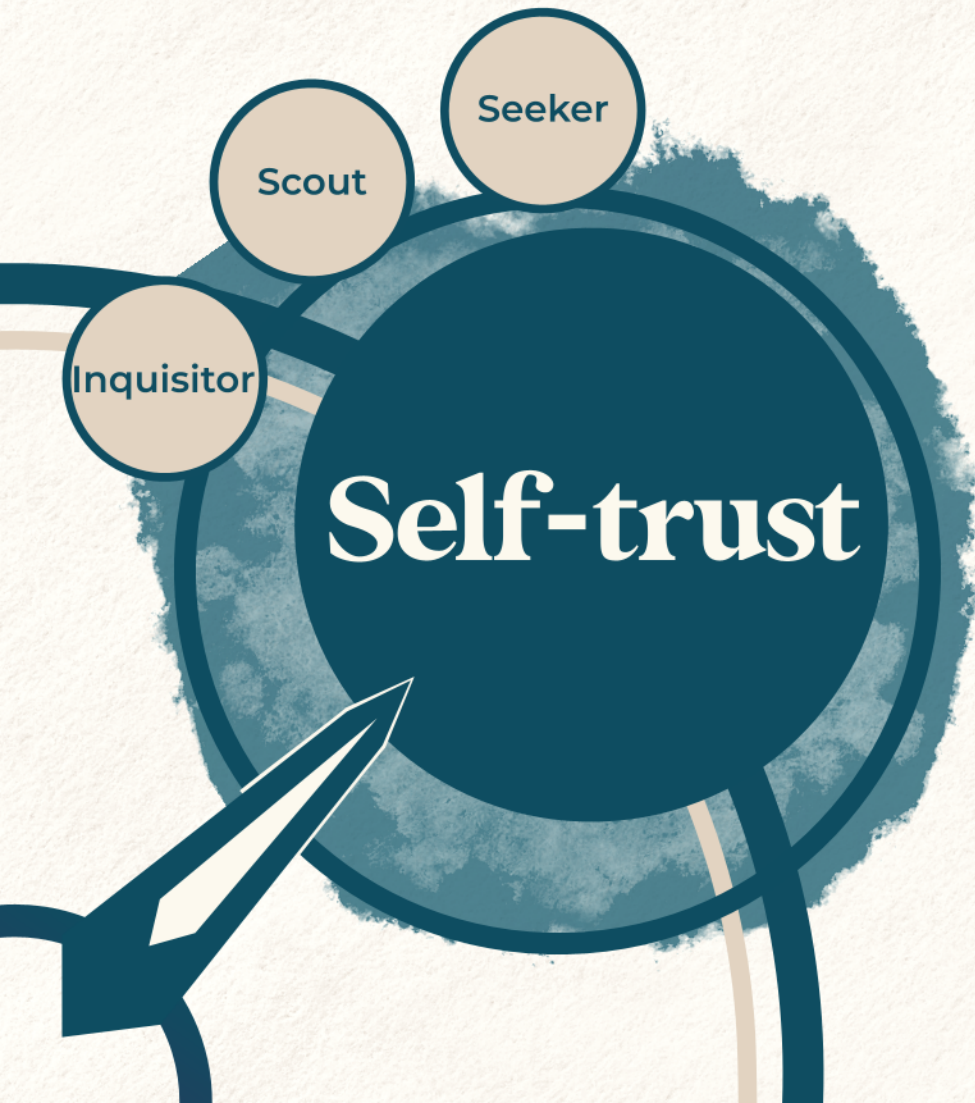
We all have an inner-Sage who helps us take a step back and see different perspectives, facts and opinions so we can know the options available to us. This wise aspect of ourselves helps us to take in this information and make use of it, to have faith in our resourcefulness to figure things out, whatever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

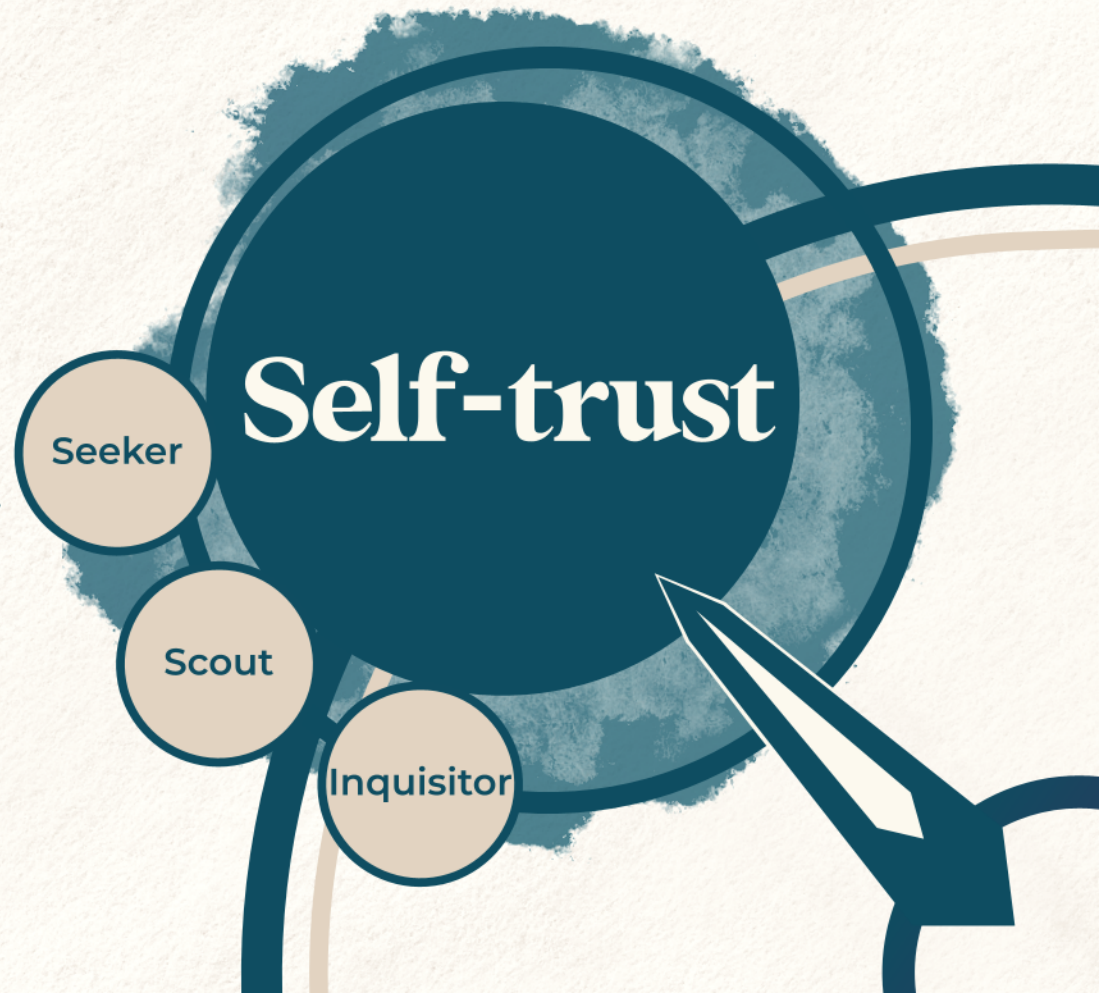
**When our Wisdom is in shadow (when we resist and/or repress this aspect of ourselves) reoccurring themes tend to show up:**



- 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





# Seeker

## Values & Gifts:

- Meaning
- Wonder
- Openness

## Fears & Challenges:

- Commitment
- Scattered energy
- Decisions

## The Seeker, Self-doubt and Self-trust

The Seeker's gift is their ability to live in wonder and curiosity.

Seekers tend to be fascinated by the world and are often on an unending quest for truth and meaning. At their best Seekers are spontaneous, inclusive, flexible and open to possibility.

Seekers tend to value multiple perspectives on any given topic and have few fixed views on anything as their opinions are continuously evolving. They are able to appreciate beauty and magic in everyday life, and usually have greater comfort in being on the journey rather than reaching a particular destination. This can carry an inherent tension as the Seeker's self-doubt is concerned with the fear of commitment.

**If you have a predominant Seeker archetype, it's likely that your kryptonite is the risk of being trapped by the wrong decision.**

Self-doubt is probably most acute for you when you are required to declare your preferences, opinions or choices. It's likely you never feel ready to choose in case another, better option is around the corner.

When self-doubt is high, Seekers can resemble hummingbirds - flitting from book to speaker to practice to diet to teacher - convinced 'The Answer' is out there and it's held by an external authority. You probably feel that your energy is 'scattered' and it may be that you feel you present different aspects of yourself to different people.



**Seeker**

**Seekers can also resist committing to themselves; you might feel like there is no central, unchanging core of you.**

You might find you identify quickly with other people or schools of thought, consequently Seekers can be vulnerable to manipulative, narcissistic or self-serving people. Seekers can also feel like they are constantly waiting to be 'chosen' and may be looking for spiritual or magical experiences as evidence of their worthiness.



## **Emotional safety for Seekers tends to be connected with keeping all options open.**

You may find your life is constantly in motion with many plates in the air. It's likely you have a calendar either filled to the brim with activities, or empty so you are always free to do whatever anyone else suggests.

Those with a predominant Seeker archetype often describe feeling 'flaky'. Because Seekers are often able to adjust quickly to lots of different situations, it's likely you feel you belong to many people in different places. Seekers typically prize life experiences, so you probably find it easy to say yes to new adventures! This can all have a compound effect where your natural wanderlusting tendencies means you can feel like you are constantly searching, but you aren't doing a lot of finding.

Seekers tend to carry a shadow wound that whatever they choose will be wrong or will bring negative consequences. This might be a result of having to make an impossible choice early in life - perhaps between divorcing parents, or feeling the need to radically alter your true nature to be accepted. If you were raised in a particularly draconian family, you may have not had any choices.

**In this light, it makes complete sense that you would feel paralysed when faced with a decision.**

**It's also completely understandable that you would question your ability to choose well.**



# Seeker

# Experiments to embody Self-trust as a Seeker:

- **Get curious about what you are seeking.** Can you imagine what your life would look like if you found the answers you are looking for? What would it mean to you to commit to trusting your own truth?
- **Start listening to yourself.** Clear your space of other people's ideas and stop asking other people for advice for a while. Allow yourself to tune in to your own 'voice'. 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, channel your natural curiosity!
- **Explore your relationship with making choices.** What choices do you remember making in your life? Where there any that seemed to have consequences you wish you could change? What did you learn from your family about autonomy and decision-making?
- **Embrace devotion.** Seekers often resist - but totally benefit from - some sort of morning or evening practice. It might be writing, yoga, meditation, intention setting, reflection, a dream journal. Decide on something and do it for 30 days. What does it feel like to keep a promise to yourself?
- **Experiment with making low-risk choices.** You might find it helps to make a list of all the things you are currently avoiding and start with the most doable! Just decide and follow through within 24 hours - reward yourself (this really matters!). Keep going.



Seeker