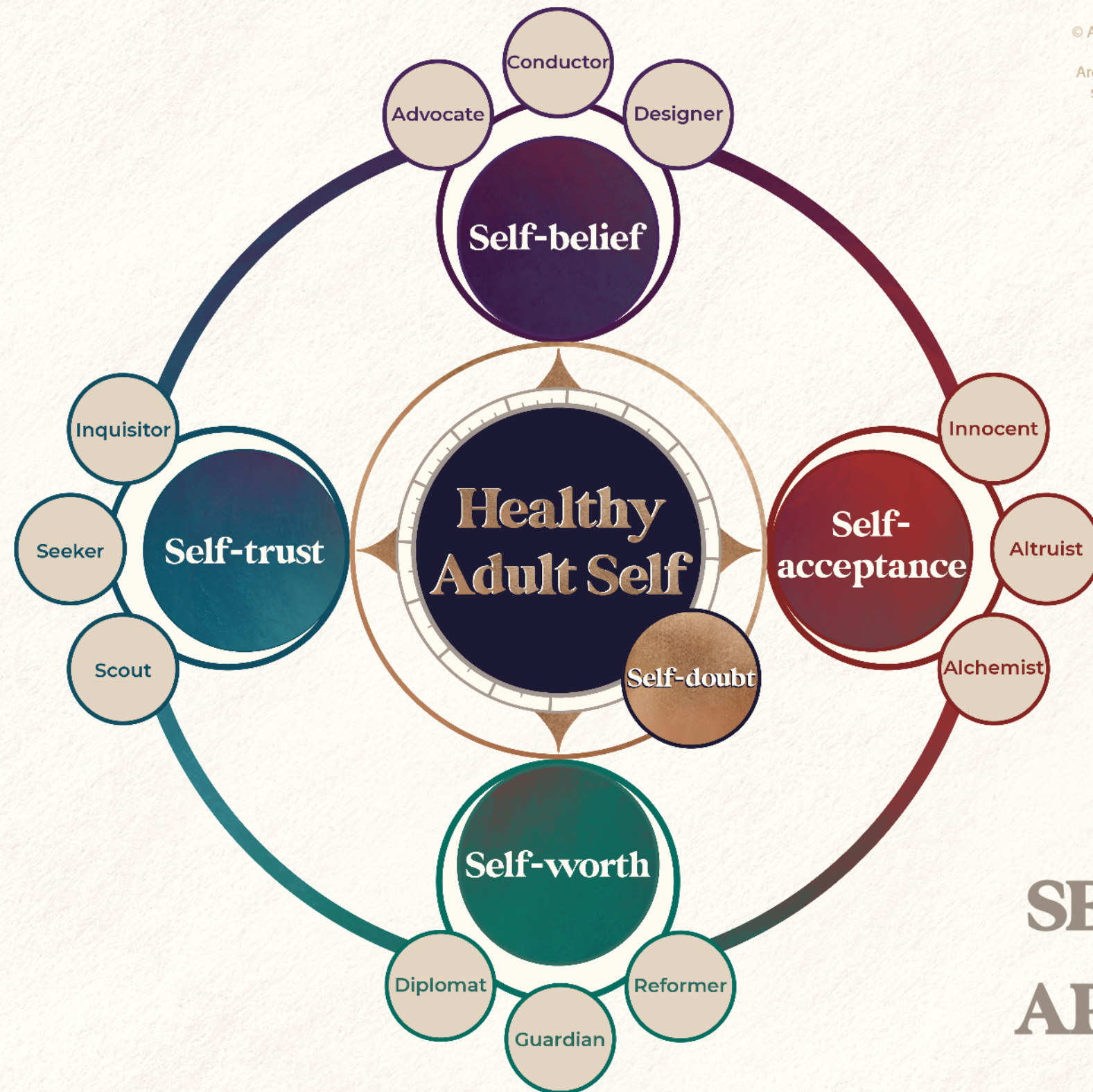


**Your self-doubt
archetype is...**



**The
Diplomat**



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 Reformer, Guardian and Diplomat Archetype is as aspect of Boundaries.

Boundaries are how we protect and advocate for our needs and our beliefs. They are about reality and truth, integrity and follow through. Boundaries are also about the territory you allow yourself to take up - including how you show up to that space and where your edges are.

Boundaries where our Self-worth is nurtured. We all have an inner-Warrior who helps us know what we stand for, what is ok and not ok for us, what we expect for and from ourselves.

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

Remember, self-doubt has an important role to protect us from psychological risk. When it comes to boundaries this can look like protecting us from conflict and drama, from the consequences of advocating for ourselves, from who we believe we need to be to honour our own Boundaries.

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



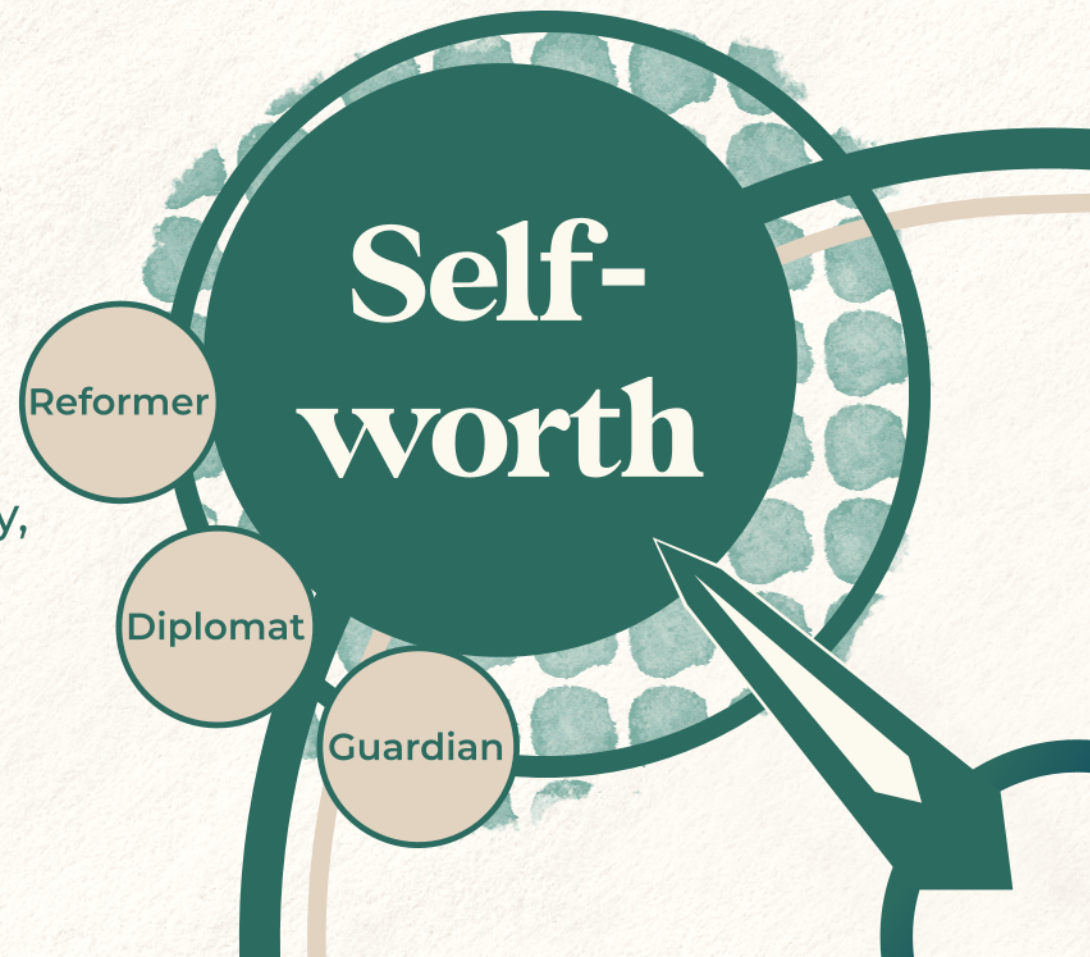
When our Boundaries are in shadow (when we resist and/or repress this aspect of ourselves) reoccurring themes tend to show up:



- Don't acknowledge or honour our own needs and desires
- Compromise ourselves to avoid tension, drama and conflict
- Look to other people to tell us what the 'rules' are
- Have no 'edges' to our empathy and we take on other people's stuff
- Experience disproportionate or uncontrolled bursts of anger

When our Boundaries are in the light (when we acknowledge and claim this aspect of ourselves) we have the heart, wisdom and courage to advocate for ourselves and what matters to us. We are able to:

- Keep promises and commitments to ourselves
- Recognise, feel and positively channel our anger
- Stand up for ourselves with integrity
- Let go of obligation, judgement and self-sacrifice
- Grow and expand our territory - practically, physically and psychologically





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Values & Gifts:

- Harmony
- Empathy
- Resolution

Fears & Challenges:

- Conflict
- Self-sacrifice
- Chaos

The Diplomat, Self-doubt and Self-worth:

The Diplomats gift is the ability to create harmony in their family, friendships, workplace and community. They are ACE at finding resolutions to conflict. At their best, Diplomats are empathic, patient, authentic and observant.

Because Diplomats tend to have a deep connection to equality, justice and fairness, it's likely you possess the ability to fairly assess both sides of any disagreement. This can carry an inherent tension as self-doubt for Diplomats is about avoiding conflict at all costs.

If you have a predominant Diplomat archetype, it's likely that your kryptonite is the risk of turmoil, drama and disharmony.

Consequently, self-doubt probably feels most acute when your outer world is chaotic or when others are domineering. You may find that under pressure, you prefer to hide in plain sight and keep quiet. You might have a tendency to mull over fractious exchanges hours or days afterwards.

Diplomats are often highly empathic.

You probably have a finely tuned ear for nuance, emotional and energetic frequencies, and the ability to sense what is underneath words and actions. It's likely you can feel the mood of a room as soon as you enter.



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When self-doubt is high, this well-honed empathy can become distorted. It can mean being super-sensitive to any hint of conflict or criticism, taking on other people's 'stuff' and feeling constantly alert. This is exhausting! You may find you seek solace in passive behaviours (scrolling, eating, drinking, shopping) where nothing is required of you.

Emotional safety for Diplomats tends to be connected to the happiness of others.

This can look like sacrificing your needs, values, feelings and opinions to keep the peace, steering conversations, making light of serious subjects and otherwise attempting to control the experience of others.

Because Diplomats tend to focus on everyone else, it's common to feel you don't really know who you are. When someone asks you what you would like to do, you may find you automatically respond with 'I don't mind'. It's likely that the last thing you would want to do is make decisions that will make other people unhappy.

Diplomats are prone to a nagging sense that if you don't do something to maintain harmony, something terrible will happen.

It may be that early in life you were subject to chaos or conflict, or just felt unsafe. In this like, being on high alert and smoothing over any tension became a very understandable and effective survival skill.



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Experiments to embody Self-trust as a Diplomat:

- **Get curious about your experience when there is conflict in the air.** What are your thoughts, emotions, body sensations? How do you typically respond? What does this remind you of?
- **Know your values.** When you're not clear what matters to you, it's easy to become a back-seat passenger, rather than the driver in your life. As Katy Perry wisely said 'I stood for nothing, so I fell for everything'. Get curious about your own opinions, ideas and preferences. What safe, small, doable choices can you make today to honour these?
- **Set intentions before going into any room containing humans.** Consider: Who do I want to be in this situation? (get clear on the top three words to describe yourself eg: 'I intend to be clear, direct and kind'). How do I want to feel? (notice how you can generate your own feelings – they no longer just 'happen' to you - choose three feelings: 'I want to feel neutral, calm and present'). What is my best 'walk-away' outcome? (decide in advance then you can use this as guidance for yourself in the situation). Top tip: try not to get too attached to the specifics – allow yourself to be surprised.
- **Recognise the difference between being empathic, being sorry and being responsible.** If you find yourself impacted by someone's mood, story or behaviour, stop and remind yourself that you don't have to feel guilty or ownership for their experience to show some compassion.
- **Find your medicine.** Make a list of the people, places and activities that bring you joy, hope, connection and pleasure. Keep adding to it. Do one thing each day to recentre yourself.



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