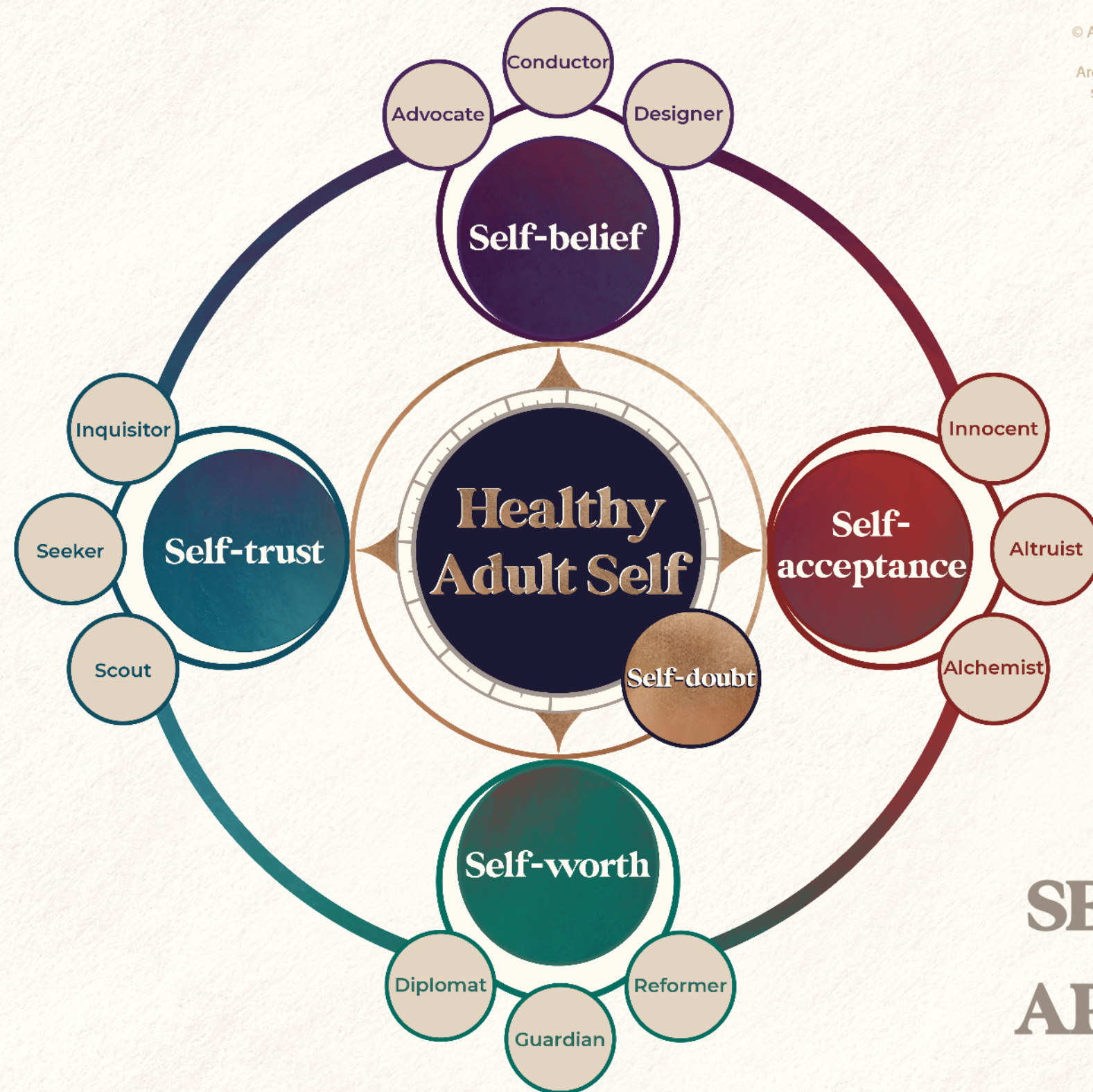


**Your self-doubt  
archetype is...**



**The  
Guardian**





# 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:**

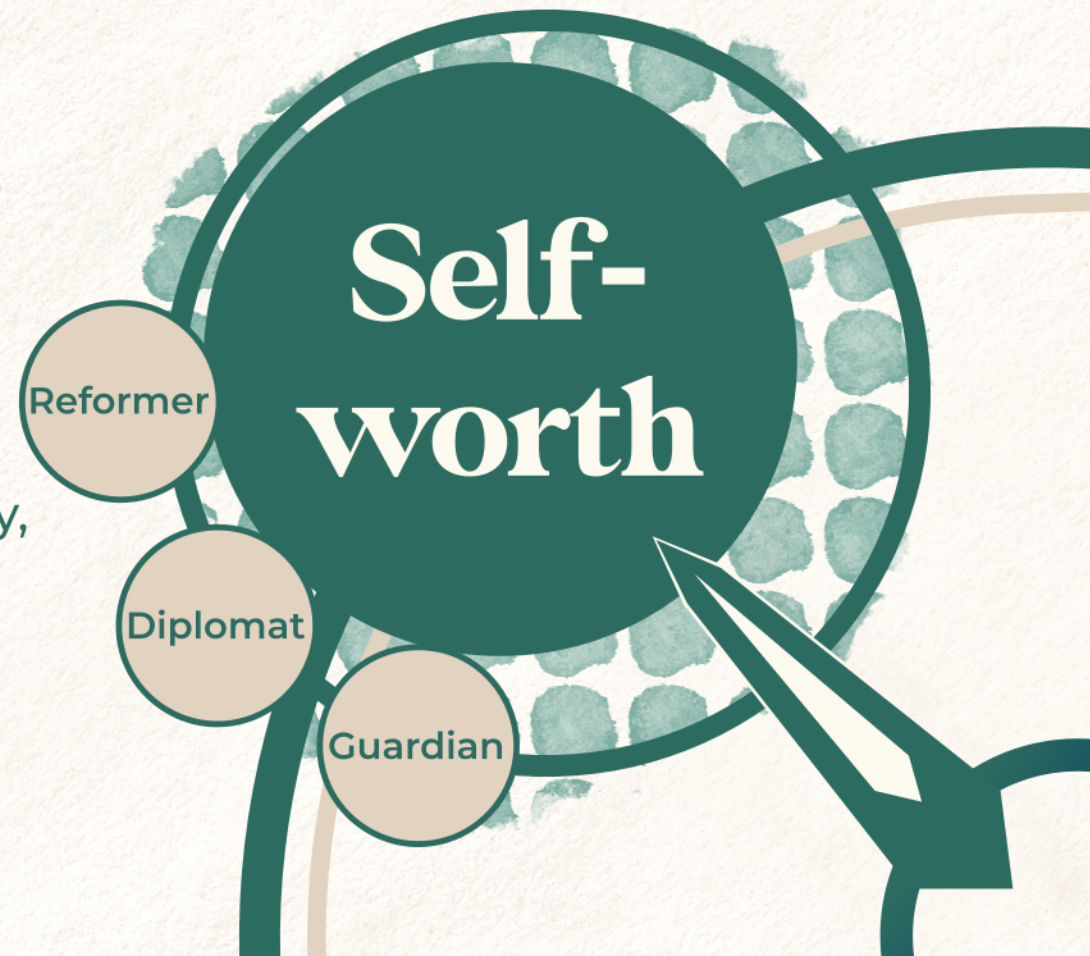


- Don't acknowledge or honour our own needs and desires
- Compromise ourselves to avoid tension, drama and conflict
- Look to other people to tell us what the 'rules' are
- Have no 'edges' to our empathy and we take on other people's stuff
- Experience disproportionate or uncontrolled bursts of anger



**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







# Guardian

## Values & Gifts:

- Loyal
- Dedication
- Persistence

## Fears & Challenges:

- Judgement
- Misunderstandings
- Analysis Paralysis

## The Guardian, Self-doubt and Self-worth:

The Guardians gift is their commitment to honouring their own values and principles: good and bad, right and wrong, fairness and unfairness, are often super-duper clear to Guardians. At their best, Guardians are loyal, dedicated, truthful and persistent.

Guardians like to clarify and verify to ensure there are no misunderstandings. They tend to be thoughtful and considered about what they do, say and commit to. Guardians typically have high standards, excellent taste and an eye for detail. This can also carry an inherent tension for Guardians, as their self-doubt is tied to doing the 'right' thing.



**If you have a predominant Guardian archetype, it's likely that your kryptonite is the risk of incurring judgement, being misunderstood or looking silly.**

Self-doubt is probably most acute for you when ambiguity is high, there is a lack of 'rules', or you are required to be spontaneous. To keep yourself safe, you may find you are constantly rethinking and redoing - you are likely to feel that nothing is quite right.

**Emotional safety for Guardians tends to be connected to upholding standards.**



**Guardian**

You may find you rely on an external authority - either a person, organisation, philosophy or established set of rules - for what to do. Because you are so practiced at doing the 'right thing' and being 'good' you may find you are quite judgemental towards others. This is often a way to make sure you don't do the wrong thing.



Guardians with big self-doubt may find they lean into perfectionism. This can look like being overly critical of yourself, passing up opportunities because you are waiting until you feel ready, pressuring yourself to reach lofty heights and seeing success as a binary pass or fail. It's likely that you struggle with the nuance and complexity of life.

**Those with a predominant Guardian archetype often describe feeling 'on-guard' around other people.**

You may find it difficult to be vulnerable, and you probably push down any aspects of yourself that don't meet your high standard. This has a compound effect where you don't show your true self, making it almost impossible for people to know the real you, and reinforcing the belief that you aren't doing connection 'right'!

Guardians tend to have a shadow wound that any love they are worthy of, is conditional on them doing the right thing. It might be that early in life you were subject to a lot of judgement, rules or felt there were high expectations of you.

**In this light, your tendency toward perfectionism is a completely understandable response to try and shield yourself from criticism, disapproval and rejection.**



**Guardian**



# Experiments to embody Self-trust as a Guardian:

- **Pay attention to all the rules, standards and ways you believe are 'right'.** Get curious about where you first learnt these. In what ways are these beliefs helpful? Are there any you might have inherited from others or the past, that no longer serve you? If you were starting from scratch, what code would you live by?
- **Be aware of your attention.** Guardians tend to observe their interactions with others, being careful to try and catch any mistakes. What if you allowed yourself to relax? What if you trusted that you are kind and thoughtful and most people sense this?
- **Identify the best imperfections in your life.** Imagine judging the ocean's waves for being unevenly spaced, a forest for its different shades of green - when we judge ourselves for our imperfections, we forget that we are all part of nature too. What do you notice about yourself, your life, your relationships when you look for the good that comes with imperfection?
- **Make friends with progress.** Embrace 'done' as a measure of success. Experiment with not redoing or rethinking every single thing. Enjoy the process!
- **PLAY!** Rope in any children you have a passing acquaintance with - let them set the agenda for an hour, an afternoon, the whole weekend. Allow yourself to be silly and break the rules.



Guardian