

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



**The
Reformer**



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.

ACTION AND ADVOCACY
BOUNDARIES
SPACE TAKEN UP

Self-worth

Reformer

Diplomat

Guardian

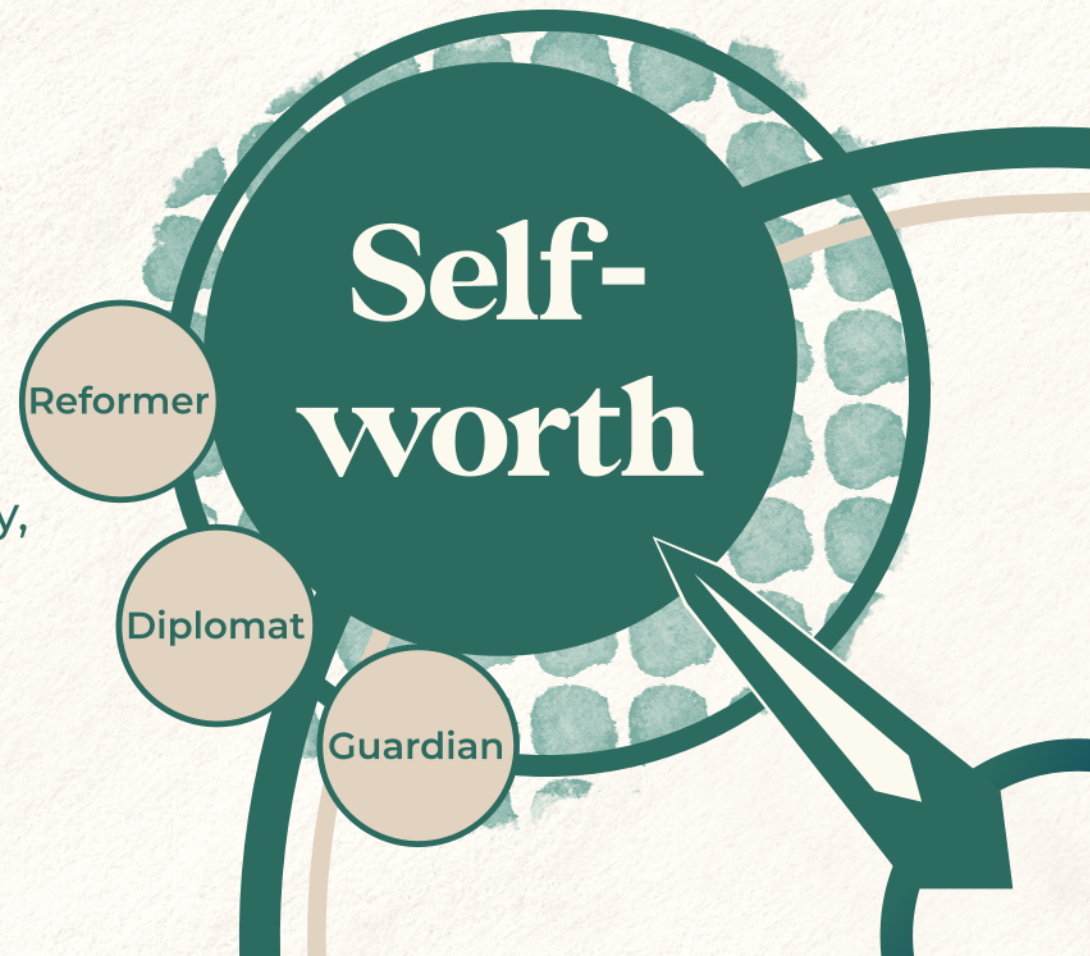
When our Boundaries are in shadow (when we resist and/or repress this aspect of ourselves) reoccurring themes tend to show up:



- 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





Reformer

Values & Gifts:

- Freedom
- Rebellion
- Resilience

Fears & Challenges:

- Invisibility
- Resentment
- Belonging

The Reformer, Self-doubt and Self-Worth:

The Reformers gift is their courage to question the status quo, overturn what isn't working and create positive change. Reformers are the natural rebels! At their best, Reformers are principled, unconventional, resilient and powerful; they usually value personal freedom very highly.

Reformers tend to blaze their own trail and express themselves in ways that feel true to their personal values. These rebellious tendencies can carry an inherent tension for Reformers, as they often appear to be unattached to what people think, but their self-doubt tends to be tied to the fear of not belonging.

If you have a predominant Reformer archetype, it's likely that your kryptonite is the risk of being judged, ignored, or not receiving recognition.

Self-doubt, therefore, is likely to be most acute when you are faced with people, rules and structures that constrict or dismiss your freedom of expression.

When self-doubt is high, Reformers often need to have something to push against - individual and social boundaries - to provide a framework for their identity. This can look like being argumentative, dressing or speaking to shock, mocking or deriding others, feeling the need to prove other people wrong. You may find that you reject legitimate authority because it is asking you to do something you find difficult or unpleasant.



Reformer

It's common for Reformers to know what they don't like and don't want but feel disconnected and uncertain about what lights them up.

Without a clear sense of yourself, it's likely that you either tend to reject everyone else, or follow along with what others want, while suppressing your own needs, preferences and desires. This can lead to anger popping up - sometimes disproportionately - in contexts where you do feel safe (i.e. rage directed at other drivers on the way to a lunch you don't want to go to).

Emotional safety for Reformers tends to be connected to wanting to belong. It's common for Disruptors to push against rules, assert their opinions and ideas, and generally test the limits of being accepted.

Reformers tend to have a shadow wound that they don't matter. It may be that in your early life, you felt constantly criticised, overwhelmed by a domineering or needy parent, or that you were somehow "too different" to belong. In this light, it makes complete sense that you would punch out against restrictions and try to carve out your own identity.

It is also incredibly understandable that underneath everything, you just want to be loved and accepted for who you are.



Reformer

Experiments to embody Self-trust as a Reformer:

- **Pay attention to what you feel the need to reject or run from.** Are their patterns, common themes, consistent emotions? What do they remind you of?
- **Get curious about your anger:** often the first emotion behind fear or injustice, anger can be an incredible teacher. Ask yourself a series of questions to uncover the root cause of yours: what are you angry about, who are you angry at? Why does this matter to you? What do you make this mean?
- **Get to know what you DO want!** 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?
- **Explore your relationship with structure, routine and predictability.** You may feel your life is quite chaotic, or (if your Disruptor is under-expressed), overly ordered. Give yourself permission to create a routine, even if that routine is not followed.
- **Channel your Disruptor into belonging:** what issues, causes or practices do you feel need transforming? Who is already doing this? Seek out a tribe that will value your contribution.



Reformer