

THE SELF-DOUBT ARCHETYPE QUIZ

Take your time and focus on what feels true for you.

Rate each statement using the scoring definitions.

Keep in mind your experiences and responses to self-doubt.

Try not to overthink it! There is no right, wrong, better or worse answers.

Please use these scores to rate the following questions:

Never
1

Rarely
2

Sometimes
3

Often
4

Always
5

QUESTION

SCORE

A I feel fulfilled when I am making things happen.

Select

Mastery and achievement are important to me.

Select

I have a deep fear of being seen as incompetent or irrelevant.

Select

I experience self-doubt most when I am faced with situations I can't control.

Select

I tend to respond to self-doubt by working hard.

Select

I tend to need recognition to feel safe.

Select

I often feel that I am waiting to be found out.

Select

B I feel fulfilled when I am imagining new things.

Select

Creativity and possibility are important to me.

Select

I have a deep fear of judgement and criticism. I dread receiving feedback.

Select

I experience self-doubt most when I am being visible.

Select

I tend to respond to self-doubt by comparing myself to others.

Select

I tend to feel safest when I am dreaming rather than doing.

Select

I often wonder if anything I do is good enough.

Select

C I feel fulfilled when I am supporting other people to reach their potential.

Select

Generosity and championing others are important to me.

Select

I have a deep fear of being seen as attention-seeking.

Select

I experience self-doubt most when I am in the limelight. I tend to play down my qualities and achievements.

Select

I tend to respond to self-doubt by hiding behind other people.

Select

I feel safest when I am supporting people who need me.

Select

I often wonder if it will ever be my time.

Select

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QUESTION	SCORE
D I feel the deepest connection when I am enjoying experiences with others. Kindness and compassion are important to me. I have a deep fear of standing on my own feet. I experience self-doubt most when I have to be responsible. I am not sure I am cut out to be an adult! I tend to respond to self-doubt by procrastinating until the last minute. I often feel flaky. I feel safest when I know other people will help me. I often wonder if I am capable of belonging to myself.	Select Select Select Select Select Select
E I feel the deepest connection when I am living in the moment. Independence and adventure are important to me. I have a deep fear of being dependant on other people. I experience self-doubt most when I feel obligated to other people. I tend to respond to self-doubt by keeping other people at arm's length. I feel safest when I am on my own. I often wonder if it's just a matter of time before other people let me down.	Select Select Select Select Select Select Select
F I feel the deepest connection when I am seen and accepted by others. Helping other people feel loved and appreciated are important to me. I have a deep fear of being abandoned. I experience self-doubt most when people don't communicate. I find myself over analysing our connection. I tend to respond to self-doubt by being whoever people need me to be. I feel safest when I know I am needed. I like to have lots of reassurance. I often wonder if I really belong to anyone.	Select Select Select Select Select Select Select

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QUESTION	SCORE
G I advocate for myself by standing up for what I believe in. Freedom and doing things my way are important to me. I have a deep fear of being ignored or dismissed. I experience self-doubt most when people don't listen to me. I tend to respond to self-doubt by rebelling. I am good at creating the impression that I don't care what people think. I feel safest when I know I am accepted. I often wonder if I really matter.	Select Select Select Select Select Select Select
H I advocate for myself by honouring my principles. It's really important to me that I do things the right way. I have a deep fear of being misunderstood. I experience self-doubt most when I am required to be spontaneous or when there is lots of ambiguity. I tend to respond to self-doubt by rethinking and redoing everything. I feel safest when I understand the expectations of me. I often wonder what will happen if I don't do things right.	Select Select Select Select Select Select Select
I I advocate for myself by keeping the peace. Empathy and fairness are really important to me. I have a deep fear of conflict. I can usually sense tension when I walk into a room. I experience self-doubt most when there are lots of demands on me - particularly when people ask me to do things I don't want to do. I tend to respond to self-doubt by compromising my needs and preferences. I feel safest when I know everyone else is happy. I often wonder what will happen if I say what I really think.	Select Select Select Select Select Select Select

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QUESTION	SCORE
J I understand the world by weighing up evidence and thinking critically.	Select
It's really important to me that I am open to different points of view.	Select
I have a deep fear of getting things wrong.	Select
I experience self-doubt most when I am asked to decide and I don't have all the facts.	Select
I tend to respond to self-doubt by getting bogged down in the details. I tend to mull over past decisions.	Select
I feel safest when I am analysing possible options.	Select
I often wonder what will happen if I make the wrong decision.	Select
K I understand the world is unpredictable and I like to prepare for every eventuality.	Select
Being observant and discerning are really important to me.	Select
I have a deep fear of appearing to be ill-informed.	Select
I experience self-doubt most when things are chaotic.	Select
I tend to respond to self-doubt by being vigilant - I work really hard to cover all the bases.	Select
I feel safest when I feel in control.	Select
I often wonder if I will ever be able to trust other people.	Select
L I understand the world by searching for truth and meaning.	Select
Being open and flexible is really important to me.	Select
I have a deep fear of being trapped by the wrong decision.	Select
I experience self-doubt most when I am trying to decide. I never feel ready to choose.	Select
I tend to respond to self-doubt by seeking the answers outside of me. I'm convinced there is someone out there who knows what I should do!	Select
I feel safest when I keep my options open.	Select
I often wonder if I will ever be able to trust myself.	Select

MY SELF-DOUBT ARCHETYPE

QUIZ SCORES

KEY	ARCHETYPE	TOTAL SCORE
A	Conductor	0
B	Designer	0
C	Advocate	0
D	Innocent	0
E	Alchemist	0
F	Altruist	0
G	Reformer	0
H	Guardian	0
I	Diplomat	0
J	Inquisitor	0
K	Scout	0
L	Seeker	0

Top 3 Archetypes:

1.

2.

3.