



# Module 5

## Overcoming Doubt

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# Review of Module 4

What did you discover about the fear that has been an undercurrent in your life?

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How did it feel to release these fears?

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What are you doing to step forward in your life in a more fearless way?

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DOUBT is at a higher vibrational place than fear is. It's right in the middle and keeps you from breaking through to the highest of vibrations: Love, Appreciation, Passion, Joy.

Doubt masquerades however in other feelings which are all rooted in doubt.  
Feeling Stuck - Confusion - Unworthiness - Hesitation -

Feeling Stuck – Immobility cause by being unsure that you are taking the right step, doubting yourself

Confusion - Not knowing which way to turn rooted in doubting yourself

Hesitation – Not moving forward rooted in doubting your ability

Journal about these to see if any exist in the “undercurrent” of your life.

Feeling Stuck

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## Confusion

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## Hesitation

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Did you discover any of these lingering in the “undercurrent” of your life? If so, write them down.....

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



Now take these to your quiet time and journal about them. Why do you feel this way? What do you think the root of each feeling is?

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Did you discover any other feelings that are rooted in doubt? Write them down and ask yourself why you feel this way and what is the root of each.....

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The opposites of Doubt are: belief - calm - calmness – certainty - clarity-  
confidence - definiteness - ease - faith- knowledge – sureness – trust

Take the feelings of doubt you listed above and choose a word from the above  
opposites for each fear word. Now write the doubt word and next to it the  
opposite word. (You may choose the same opposite word for more than one fear  
word)

(Example: hesitation    definiteness)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now work on feeling the positive feeling and write how that feels to you...

_____
_____
_____
_____

