

Journal Prompts for Exploring Self-Doubt



Quercus Counselling

HEALING FROM AUTISTIC
BURNOUT

When do I feel the most confident, and
what circumstances help me feel that
way?

(Explore the environments and
mindsets where you thrive.)

What is one self-doubt I've been
carrying, and what might it be trying to
protect me from?

(Understand the root of the fear rather
than pushing it away.)

What would I attempt if I knew I
couldn't fail? Why haven't I tried it yet?

(Challenge limitations shaped by fear,
not facts.)



Whose voice does my self-doubt sound like? Is it really mine?
(Separate internal criticism from external influence.)

What accomplishments am I most proud of, and what qualities in me made them possible?
(Remind yourself of your resilience, talent, and growth.)

What kind words would I offer a close friend who feels the way I do right now?
(Practice self-compassion by stepping outside of your inner critic.)



What daily habits or thoughts feed my self-doubt? How can I shift one of them?
(Identify patterns and begin small changes.)

How do I define "success" for myself—apart from others' expectations?
(Clarify your values to reduce comparison and pressure.)

What's a risk I took in the past that turned out better than I expected?
What helped me take that leap?
(Recall past courage to reinforce future confidence.)



What would a future version of me—one who has overcome this doubt—say to me now?

(Access wisdom from your imagined, empowered self.)

What does my inner critic say, and how true is it—really? Can I respond to it with a kinder, truer voice?

(Challenge harsh thoughts with truth and compassion.)

What small step can I take today, even if I don't feel fully ready?
(Focus on action over perfection to build self-trust.)

