

SELF-DOUBT FIRST-AID CARD · ~3 MINUTES

When the alarm goes off, don't think. Follow.

Mid-flare, nobody absorbs wisdom — so the script is written in advance.

1 Name it (30s)

Say it out loud: "Alarm's ringing" / "Catastrophe magnifier again." Naming it moves you from the scene into the audience.

2 Demand evidence (60s)

Ask "Where's the evidence?" — open the ledger and read three entries. No debating. Just read.

3 Change the pronoun (30s)

One coach's line, using your own name: "Sam, you felt exactly this last time — and it got done."

4 Move (60s)

One two-minute micro-action, right now — answer one message, write one line. Action is the alarm's fastest volume knob.

Trap · two things not to do mid-flare. No big decisions (quitting, deleting the draft, sending the angry text) — wait 24 hours. And don't scroll it off — the comparison trap pours fuel straight onto the alarm.

THE SAY-IT-DIFFERENTLY TABLE · STICK IT BY YOUR DESK

✗ STOP SAYING

✓ TRY SAYING

I can't

I haven't learned it yet — "yet" has a sequel

I blew it, I'm useless

This step went wrong; fix this step

Everyone's ahead of me

I'm comparing my year one to their year ten

What if I fail?

What if it works? Write both "what ifs" down

Just got lucky

Luck opened the door; catching it was skill

People like me can't

Who stamped "people like me"?

I'll start once I'm ready

Do the 3-out-of-10 version now; get ready en route

He definitely thinks I'm bad

Unasked doesn't count — ask, or stop playing his part

None of these swaps lies. We're not forcing "I can't" into "I'm the best" — we're correcting it into the more accurate sentence. Anti-hype means even your pep talk runs on true statements.