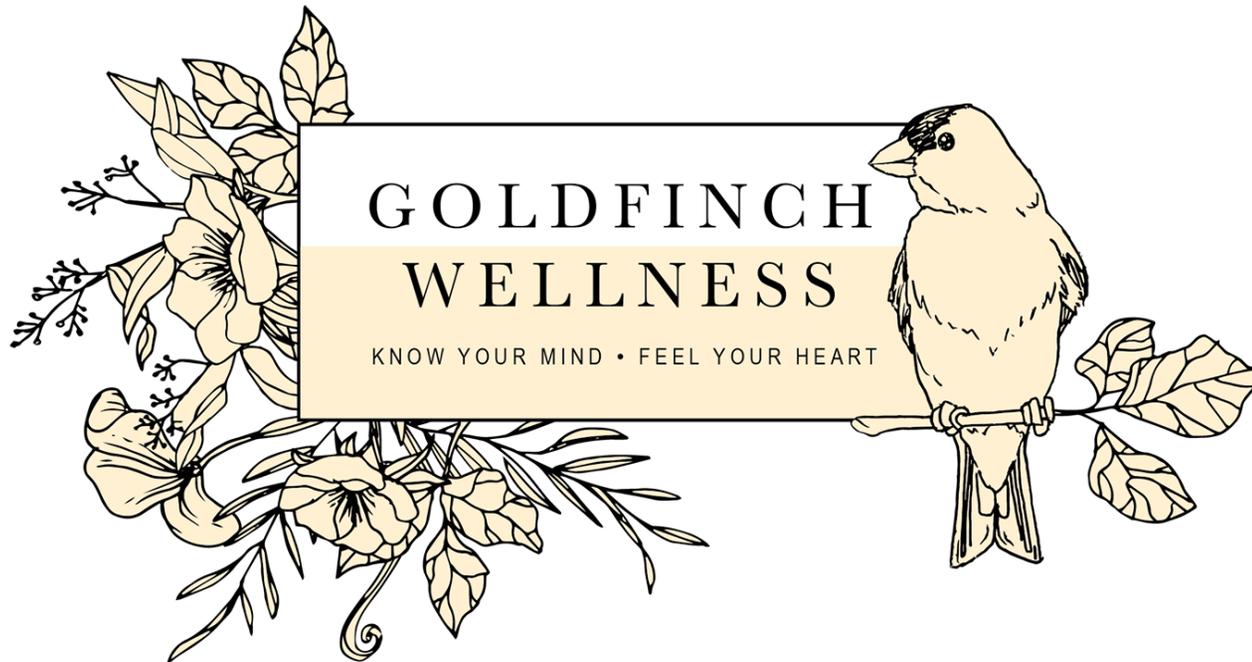


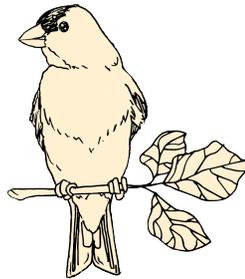
# Respecting Your Own Wisdom and Knowledge

Alisha Wolf, LCSW-C, MPH  
Executive Coach and Therapist



# Welcome! I'm so glad you're here!

- Alisha Wolf, LCSW-C, MPH
- Therapist and executive coach
- Focus on helping individuals access the wise, calm guidance within themselves.



# Respecting our Wisdom

Our wisdom is the small but mighty voice inside us that knows the way. It sounds and feels different for everyone, and today we'll talk about finding yours. The unique and radical thing about wisdom is this:

**we all have it.**



Name a time when  
you heard your  
own wisdom

# Spectrum of relating to ourselves

Self-doubt

Self-trust



# Sometimes self-doubt sounds like:

- “I’m not capable of doing this right.”
- “I’m probably wrong.”
- “I can’t handle this.”
- “I’ll probably screw this all up.”



# Trajectory of Self-Doubt

- Take yourself back to a time when you had to do something that was hard for you.
- Mentally name the doubts that came up for you during this process.
- How did you feel about your ability to take on this difficult task?



What happens  
when we scold a  
child when she is  
struggling with  
something  
difficult?

If you're ever wondering how your self-talk is affecting you, think about how a child would respond to the same messages.



# Working with self-doubt

## *Normalizing*

Self-doubt tends to be a loud and somewhat obnoxious voice that is fueled by fear and anxiety.

If you feel fear and anxiety about something, self-doubt will likely show up.

Working with self-doubt  
*Normalizing*

Self-doubt can (and will) be along  
for the ride—but it's not  
allowed to drive.

Working with self-doubt  
*Looking for the emotion behind the words*

As with our kids, we tend to make  
the most progress when we address  
the **emotion behind the  
behavior.**

Working with our self-doubt  
*Utilizing self-compassion*

What if you were able to treat yourself  
(and your self-doubt!) with the patience  
and compassion you treat your children  
with?

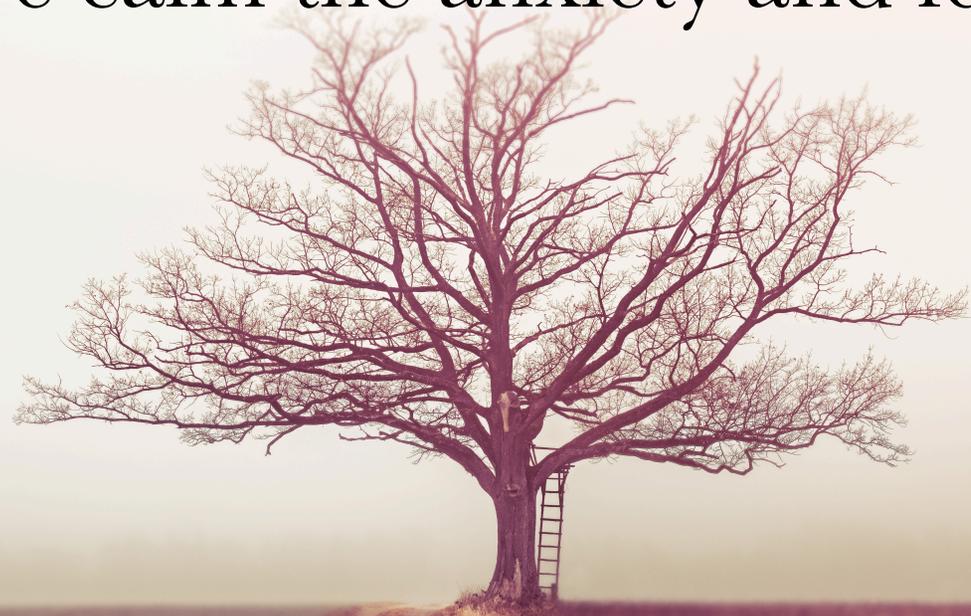
Can you utilize self-compassion to hear  
and validate the feelings behind your  
self-doubt?

# Sometimes self-compassion sounds like:

- “This is hard, and I’m doing a great job.”
- “I’ve done hard things before, I can do this.”
- “I may not know what to do right now, but I trust myself to figure it out.”



When we soothe our self-doubt with  
compassion, we calm the anxiety and fear.



**Then we can  
hear our wisdom.**

# What does our wisdom sound like?

Calm

Kind

Measured

Grounded

Guidance



Wisdom and self-doubt sound different  
for each of us

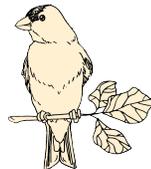
Begin practicing identifying them when you  
hear them.

When you hear self-doubt, just note it.  
When you hear your wisdom, take note of it,  
and pay attention



# Theory of Change

1. Become aware of our own patterns and habits through mindful awareness.
2. Develop the emotional regulation to create a pause before we **react**, allowing us instead to **intentionally respond**.
3. Make the thoughtful, conscious choice to respond differently.
4. This becomes the new pattern.



# Steps of the practice

1. When you notice self-doubt coming up in how you talk to yourself, just note it and allow it to be there. It's a normal part of tough experiences!
2. Identify the feelings triggering your self-doubt. Maybe it's fear or anxiety?
3. Practice self-compassion.
4. Listen for your wisdom— your calm, grounded guidance.





# Guided practice

***Respect your wisdom***

***Respect yourself***

***Respect others***

# Thank you!

Alisha Wolf, LCSW-C, MPH  
Therapist and Executive Coach

