

**The 7-day Doubt Diet**  
**Doubt Index Analysis**  
 by Renee Swope

How much does doubt weigh you down? I've created a doubt index analysis to help you find out. Please print this survey to complete it. Simply mark an "X" under the answers that best represent how self-doubt affects you currently. Scoring is explained at the end.

**1. How often do these circumstances cause you to doubt yourself?**

	Almost Always	Sometimes	Rarely
Criticism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disappointing someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relational Conflict	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comparison	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling inadequate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Failing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being overwhelmed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regrets from the past	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2. When facing a difficult situation, relationship or personal struggle, how often does doubt whisper...?**

	Almost Always	Sometimes	Rarely
You're not good enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You're not smart enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You're not gifted enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You have no purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You worry too much.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't overcome your fears.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No one sees you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't understand the Bible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't follow God consistently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You'll never change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
God could never use you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 3. How often does self-doubt make you feel...?

	Almost Always	Sometimes	Rarely
Like quitting or giving up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paralyzed or stuck in a rut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insecure about your abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uncertain about God's plan for your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discouraged and defeated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distracted and out of focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 4. How often does doubt affect your relationship with...?

	Almost Always	Sometimes	Rarely
God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Co-workers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strangers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total X marks in each column (both pages) (AA) \_\_\_\_\_ (S) \_\_\_\_\_ (R) \_\_\_\_\_

**Scoring Instructions** – I'm not a psychologist or statistician. My only hope is to help you see if self-doubt is weighing you down. To determine your score, take the number of check marks you have under each column and write it next to the column category below. Then multiply that number with the "points" for each column:

**Almost Always** \_\_\_\_\_ x 6 points = \_\_\_\_\_ AA total

**Sometimes** \_\_\_\_\_ x 4 points = \_\_\_\_\_ S total

**Rarely** \_\_\_\_\_ x 2 points = \_\_\_\_\_ R total

**Add those together:** (AA) total \_\_\_\_\_ +(S) total \_\_\_\_\_ + (R) total \_\_\_\_\_ = \_\_\_\_\_ **Score**

#### **Scoring Summary:**

**198-155:** Self-doubt is a heavy burden that seems to weigh you down and keep you from living fully.

**154-110:** Self-doubt comes and goes for you. When it's present, it keeps you from all God has for you.

**109 - 66:** Self-doubt isn't much of a struggle for you. Maybe God had you take this to help someone else. 😊

*Please don't get discouraged if your score reveals that self-doubt is weighing you down more than you realized. I used to check "always" on all of them. But I didn't want to stay there, and I don't want you to either. That is why I wrote my book **A Confident Heart**, and why I'm offering "The 7-day Doubt Diet"- a week's worth of devotions from my book for FREE.*

- [Sign up for "The 7-day Doubt Diet"](#)
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