



Doubt's Triggers & God's Truths

from [A Confident Heart](#) by Renee Swope

From Chapter 5 and Chapter 12

Triggers of Self-doubt:

- Conflict
- Comparison
- Criticism
- Discouragement
- Emotional wounds
- Failure
- Fear
- Feeling inadequate
- Feeling overwhelmed
- Ongoing stress
- Regrets from the past
- Rejection

Truths You Can Turn Toward:

When you feel inadequate, and doubt whispers: *You have nothing special to offer.*

Turn toward the truth: "For [you] are God's masterpiece. He has created [you] anew in Christ Jesus, so [you] can do the good things he planned for [you] long ago. Ephesians 2:10 (NLT)

When you feel afraid or discouraged, and doubt whispers: *You don't have what it takes.*

Turn toward the truth: "Be strong and courageous, and do the work. Don't be afraid or discouraged, for the LORD God, [your] God, is with you. He will not fail you or forsake you. 1 Chron. 28:20 (NLT)

When you feel rejected, and doubt whispers: *You are unloved and unwanted.*

Turn toward the truth: "You are precious and honored in [God's] sight, and... [He] loves you" Is. 43:4 (NLT)

When you feel defeated, and doubt whispers: *You are such a failure.*

Turn toward the truth: "In all these things [I am] more than [a] conqueror through him who loved [me]. Romans 8:37

When you feel overwhelmed, and doubt whispers: *You might as well quit, you can't do this.*

Turn toward the truth: "[You] can do all things through Him who gives [you] strength." Phil 4:13 (NIV)

When you feel criticized and/or condemned, and doubt whispers: *No one likes you. You always mess up.*

Turn toward the truth: "There is no condemnation for those who belong to Christ Jesus." Rom 8:1 (NLT)

For more truths to turn toward, see chapter 12 in [A Confident Heart](#).

www.ReneeSwope.com