

Self-doubt



**ADHD and Women**  
**ADHS und Frauen**

Negative self thoughts.  
Self sabotage...it's real.

**The voice, the thoughts,  
they lie in wait.**

They seize the opportunity.

They find a nano-second of space  
& dive in headfirst, filling the gap  
with doubt and disillusionment.

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Amber D'Aniello

Self-doubt



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Sometimes, the people you love  
make you

**doubt yourself too**

And that's even more of a head f...

**...funny**

They said they were trying to be funny.

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Perhaps their self-doubt prompted their “funny”.

Perhaps it was their negative self

Thoughts that penetrated so **DEEP**

Their **FEAR** was projected on to you?

**Who knows?**

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When I live inside my head,  
allowing the spaces to fill with doubt,

I am **unprotected from my thoughts.**

**I have laid myself bare.**

This is not the headspace that  
nourishes.

This part of me I cannot share.  
I stand back and observe it.

**I stop and stare.**

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PAUSE

The feeling is sinking, deep in my  
**Heartspace**

**H e r e .**

I recognise where I'm at and become  
aware...

of the **negative self thoughts**,  
swimming in my hair.

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I'm taking back control.

**Seizing the opportunity.**

Filling the gap with positivity.  
**Positivity and love.**

Love for life, for breath, for being me.

For all around, the beauty, I feel, smell, see.

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I drop out of my head & into my Heartspace

A place of warmth, kindness and compassion.

Where judgements exists only to create  
constructive

**EMOTIONS**

**GOOD FEELINGS**

**desirable and joyful.**

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I can't control how others think,  
but can turn my thoughts around  
by feeling the

**LOVE and GRATITUDE**  
in my being. Being. Just being.

**BEING ME!**

This person here.

This “me” you see.

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With thanks to the author of the poem Amber D'Aniello who is a Sound Healing Therapist who uses Himalayan Singing Bowls and Crystal Singing Bowls during her sound baths. Sound therapy has many benefits, helping to unwind and connect, mind, body and soul, bringing you into a state of harmony, restoring balance and optimising your health through frequency and vibration.

Please feel free to contact Amber on if you would like to book an online session.

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