

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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