

You Don't Have a Confidence Problem. You Have an Evidence Problem.

NLP Mastery House

What this is for

You're not short on proof of your own competence — you're running a filter that discounts every piece of it.

Catch your own evidence-discounting pattern in real time, using a recent win you already explained away.

Before you start

No materials needed. Just a recent achievement you brushed off.

- A specific recent win — something you did well — that you shrugged off, explained away, or credited to luck.
- 5–10 minutes, alone

The exercise

Don't judge the sentence you find. Just catch it.

1. Name the win exactly. What did you actually do?
2. Find the sentence you told yourself to explain it away — "I got lucky," "anyone could have done that," "they just didn't look closely enough."
3. Ask: would I accept this explanation from someone else, about their own success? If not, you've caught the filter operating, not the truth.
4. Ask: where did I first learn that succeeding wasn't safe to just accept?

Your notes

Jot whatever surfaces — full sentences not required.

What you noticed

What did that sentence turn out to be protecting you from?

Your one next action

Small enough that it actually happens. Before we next meet.
