

TOOLBOX TALK

Don't let self-doubt steal your focus

Why it matters

Self-doubt can show up fast, especially after a tough moment or a correction for a task you haven't done before.

It can sound like:

- "I should already know this."
- "I don't want to ask a dumb question."
- "I messed up, so I must not be good at this."

That kind of thinking can make it harder to ask for help or speak up when something feels off.

How to take action

- **Pause:** A harsh thought is not always a fact.
- **Ask:** Get clarification before guessing.
- **Check:** Ask for a second set of eyes when you need it.
- **Reset:** Treat feedback as information you can use.
- **Move forward:** Talk to yourself like you would talk to a good teammate.

Discussion question

What helps you reset after a mistake, correction or tough moment on the job?

Where to turn for confidential support



Under the Hat can connect you or your family to free, private support any time of day. Talk with someone who listens. No judgment, completely private.

Employee Assistance Program providers vary by country and individual benefits package. Please review the eligibility statements under your country on [UndertheHat.com](https://www.UndertheHat.com).

