

SELF-BELIEF is half the battle; self doubt is the other.

OUTLINE:

1- Introduction

Thesis statement:

2- Crunch Paragraph

3- Specific impacts of self doubt on individual life

- (a) Self doubt of own abilities
- (b) Lack of self belief in achieving success
- (c) Self doubt in physical appearance
- (d) Self doubt in arguments
- (e) Self doubt in gaining acceptance
- (f) Juxtaposition with other relatives

4- self doubt imposed by society and profession

- (a) Self doubt on fulfillment of duties
- (b) Self doubt of slow progress
- (c) Self doubt due to other criticism
- (d) Self doubt due to societal standard
- (e) Self doubt due to competition
- (f) Self doubt due to imposter syndrome

5- Factors engendering self doubt

- (a) Childhood experiences
- (b) Previous setbacks & failures
- (c) Fear of rejection
- (d) Comparison & societal pressure
- (e) Lack of positive feedback

6- Conclusion