

EAPondering – New Perspective for the Self-Doubter

A message from your Employee Assistance Program

Certainly most people second-guess themselves at various times. For some, however, the practice becomes a habit that gets reinforced whether they do well or not. Sometimes the habit can even lead to self-fulfilling prophecy. It's painful, self-destructive – and perhaps something that can be turned around!

In an article posted on PsychologyToday.com Susan Pinker shares the stories of some highly successful people who have learned how to better cope with potentially damaging self-doubt. Copy and paste the link below:

<https://www.psychologytoday.com/articles/200911/field-guide-the-self-doubter-extra-credit>

If you would like to talk about self-doubt, or any other life issue, your EAP is just a phone call or mouse click away. Visit our website: uchc_eap@uchc.edu

The UConn Health Employee Assistance Program provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household members to help identify and resolve concerns affecting you, your family or your job.

Call for a private appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)