

# THE AUTHENTIC EDGE

Helping you to become who you are meant to be -- in your **personal life, relationships** and **career**.

June 10, 2025



## Self-Doubt

Self-doubt has a way of sneaking in quietly—posing as humility, caution, or even logic. It tells us we're not ready, not good enough, or that someone else would do it better. Over time, it can become a constant inner dialogue, shaping our choices, dimming our voice, and convincing us to stay small.

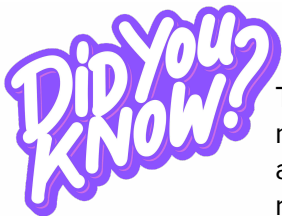
In this week's newsletter, we're taking a closer look at self-doubt—not just as a mindset, but as a learned pattern rooted in early emotional experiences and reinforced by perfectionism, people-pleasing, and fear of failure. You'll find insights into where it comes from, how it affects your brain, and, most importantly, how to stop letting it run the show.

Whether you've struggled with imposter syndrome, codependency, hesitation to speak up, or a relentless inner critic, this issue is for you.

Let's explore how to move from questioning yourself to trusting yourself.

Warm regards,

*Anne Dranitsaris*



The therapeutic relationship is the foundation for meaningful, lasting change. It's not about giving advice or fixing problems—it's a collaborative, respectful partnership where you feel seen, heard,

and understood without judgment. In this relationship, we create a safe space for you to explore the patterns, beliefs, and emotional responses that have shaped your life. It's a space where you're allowed to be fully yourself, **even if you don't yet know who that is.**

## In This Week's Newsletter

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**Feature Article: Surviving the Everyday Epidemic of Defensiveness**

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**Brain-Based Tips for Dealing with Self-Doubt**

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**Did You Know? The Therapeutic Relationship**

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**Excerpt: Chapter 4: The Saboteur Imposter Persona**

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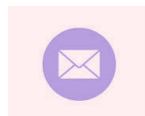
**Authentic Reflections: The Saboteur and the Song**

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**Upcoming Events: Summer & Fall 2025**

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# I Was Just Saying...

Surviving the Everyday Epidemic of Defensiveness



## I Was Just Saying....

### Surviving the Everyday Epidemic of Defensiveness



Ever feel like just existing makes people defensive? You ask a simple question—"When's the report due?"—and suddenly you're being accused of launching a character assassination. Somehow, your attempt to help, share, or remind gets twisted into an attack on someone's worth.

This week's article takes a hilariously honest look at the emotional landmines we walk through when others are stuck in defensiveness. From weaponized stapler hunts to chore-related courtroom dramas, you'll recognize the signs—and probably a few people.

Because let's be real: it's exhausting when no one seems to appreciate how hard you work to communicate clearly, stay calm, and keep the peace. You're not the villain here—and it's time someone said that out loud.

Read on. Laugh a little. And maybe forward this to that one person who thinks your grocery list is a personal insult.

[Read the full article....](#)

## Authentic Reflections

### The Saboteur and the Song: Lisa's Story of Self-Doubt and Finding Her Voice

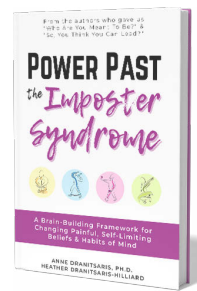
Lisa wanted to sing before she even knew how to put it into words. She used to shut her bedroom door and perform full concerts for her stuffed animals. She had raw talent—her voice was rich, emotional, and effortless. But she learned early on not to get too attached to it. In her house, dreams like that didn't fly.

Lisa was raised by a single mother who, despite her strength and resilience, passed down a survival script wrapped in fear. Her mother worked constantly, wore stress like a badge of honour, and made it painfully clear that the world was not going to take care of you. If you wanted safety, you had to earn it—and earn it the hard way.

"You can't depend on anyone," her mother drilled into her. "You need a real career. Something solid. Something that will never leave you stranded."

[Read the full article....](#)

## Excerpt: Chapter 9 The Saboteur Imposter Persona



The Saboteur Imposter Syndrome Persona is one of the four core personas that emerge when we live from fear rather than authenticity. Rooted in early childhood experiences, the Saboteur forms as a protective strategy to help us feel safe and in control. It convinces us that stepping outside our comfort zone—no matter how much we long to—is dangerous. Instead of supporting growth, it undermines it, leading us to abandon goals, sabotage relationships, and shrink away from opportunities that would move us forward.

Self-doubt is one of the Saboteur's most effective tools. When we consider doing something new or daring, it whispers: "What if you fail?" "What if they find out you're not good enough?" It makes us overthink, hesitate, or procrastinate until the opportunity passes by. Often, we mistake this inner dialogue for logic or humility, when in fact it's the Saboteur working to prevent change. Even when we want success, love, or creative fulfillment, the Saboteur casts just enough doubt to keep us from acting.

In this chapter excerpt, you'll meet the Saboteur in its many forms and learn how to identify when it's hijacking your goals, your confidence, and your relationships—so you can stop undermining yourself and start living from your true potential.

[Read the full chapter....](#)

### Brain Tip for Dealing with Self Doubt

Self-doubt is the tool of the Saboteur—one of the four survival archetypes we all unconsciously use to protect ourselves from risk, failure, or rejection. The Saboteur keeps us small by convincing us to stay safe, hidden, and in our comfort zone. It whispers, "Don't try that," "You're not ready," or "What if you fail?"—and we obey, mistaking fear for wisdom. But self-doubt isn't truth. It's a patterned response rooted in the brain's survival wiring.

This mindfulness practice helps you interrupt the Saboteur's script by bringing awareness back to the body. Instead of getting lost in the noise of self-referential thinking, you anchor yourself in sensation—reminding your nervous system that you're safe, capable, and present.

It's not about fighting the doubt. It's about choosing presence over paralysis.

• **Practice: Grounding in the Body**

**The therapeutic relationship does more than offer support—it actually changes the brain. In early development, our brains are shaped through relationships. When those early relationships didn't offer consistent emotional safety or mirroring, our brains adapted by developing protective behaviors—like perfectionism, people-pleasing, or self-doubt. The therapeutic relationship acts as a corrective emotional experience, giving the brain the conditions it needs to reprocess painful experiences, integrate unmet needs, and build new, healthier pathways for connection, choice, and self-leadership. It's not just "talking about it"—it's re-patterning the brain from the inside out.**



# Become Who You Are Meant to Be: Upcoming Events for Women on the Path to Authentic Living

## Summer / Fall 2025

### An Invitation from Me to You

I'm offering these groups for women who are ready to go deeper—who feel, as I do, that there's always more to discover on the path to our authentic selves. No matter your age or life stage, breaking free from the grip of imposter syndrome, untangling from the patterns of codependency, or challenging long-held self-limiting beliefs is hard, but it's also where the real transformation begins.

I've created these groups for women who feel a quiet, persistent call—who know in their bones that there's more for them. More meaning. More truth. More aliveness in their relationships, careers, or in life as a whole.

The women who join these groups have something in common: they are seekers, truth-tellers, and courageous souls. They're not interested in surface-level change. They're ready to do the deep, inner work it takes to live a meaningful life—one that feels aligned with their Authentic Self.

If you're feeling that same pull, I invite you to join us. This is your space to be witnessed, supported, and empowered on your journey back to who you truly are meant to be.

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## Summer & ~ Fall Offerings

These workshops and groups are designed to support breaking free from the limitations of roles, beliefs and fears to get on YOUR path to individuating and achieving your authentic potential.

### - **60+ Women's Group: Continuing the Journey**

A soulful, supportive space for women 60 and older who are committed to deepening their journey of individuation. Share wisdom, reflect on purpose, and embrace the next chapter with intention.

### - **Imposter Syndrome Workshop: Reclaim Your Inner Authority**

Quiet the inner critic and step fully into your worth. This experiential workshop unpacks the root causes of imposter syndrome and provides brain-based strategies to rewrite your internal narrative.

### - **Breaking the Chains of Attachment: A Codependency Workshop**

Learn to identify unhealthy attachment patterns, understand emotional entanglements, and create boundaries that support freedom and authentic connection.

More information about the sessions is coming soon. If any of the groups or workshops sound interesting to you, contact me at [anned@annedranitsaris.com](mailto:anned@annedranitsaris.com). **Summer Sessions:** July **Fall Sessions:** October Limited group size – secure your place early - These intimate, guided experiences are designed to support lasting change.



### **Anne Dranitsaris, PhD**

For over 40 years, I've been helping individuals, couples, leaders, and entrepreneurs break free from limiting beliefs, codependence, Imposter Syndrome, and other patterns that hold them back from living as their Authentic Selves. Through my work as a psychotherapist, leadership coach, and behavioral change expert, I've had the privilege of guiding countless people on their journeys to discover their true potential and lead lives aligned with who they're meant to be.

For me, the journey to connect with our Authentic Self is a lifelong quest—one that requires courage, introspection, and an openness to transformation. My work is deeply personal, shaped by my own experiences with family dynamics, emotional growth, and the path to authenticity. My passion is empowering others to thrive, and I feel privileged to share this work with everyone I encounter. If you'd like to learn more about how I can help you on your own transformative journey, contact me at [anned@annedranitsaris.com](mailto:anned@annedranitsaris.com).

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