

SPARK256

(Matrix Code: **SPARK256.00** for the StartOver.xyz thoughtware upgrade game.)

DISTINCTION: Self Doubt is a memetic autoimmune disease.

NOTES: Self doubt is 'future fear'. Each time you have an impulse to say or do something, you attach the story, "*If I try something it could go 'wrong', or it could fail, and I will be punished like I was before.*" This [Story](#) triggers pre-emptive rage at yourself for even thinking about trying such a thing again, but the rage is actually towards the system or people who embarrassed or punished you. You twist your rage around to kill your impulses, killing the possibility of being hurt again. If you discover this Self Doubt technology as a child, you may integrate it as part of your [Survival Strategy](#), destroying yourself before you make an error. You survive by not living.

It is not stupid to think that what you say or do could go wrong, because *anything* you try could fail. You are not perfect. (You are an [Experimenter](#)!) It is also not stupid to think that what you say or do could cause other people to [react negatively](#), because they *could* react negatively. Other people are not perfect either. (But that is their problem.)

The symptoms of Self Doubt include hesitation, self hatred, [self cannibalism](#), [self abuse](#), [self pressure](#), ongoing terror of error, withdrawal, 'panic attacks', lack of joyfulness or playfulness, lack of freedom of movement in all [5 Bodies](#), silence when invited to speak, listlessness, lack of relating with other Human Beings or with life itself, lack of [creativity](#), internal tensions in muscles and organs from fighting against their own aliveness, potentially leading to autoimmune diseases in the Physical Body.

In the Physical Body, an 'autoimmune disease' triggers the Physical Body's immune system to mistakenly attack and damage its own healthy cells and tissues instead of protecting them from harmful invaders like viruses or bacteria.

In the Emotional Body, Self Doubt is an autoimmune disease caused by a 'meme' that triggers your Emotional Body's 'immune system' (its fear and anger) to mistakenly attack and damage its own healthy impulses and desires instead of providing intelligence and energy for life on the [Transformational Path](#). The 'meme' is a piece of [thoughtware](#) saying, "*It is better to stop myself from trying than to be punished for making a mistake.*" The question at hand is, what are you going to do about it?

EXPERIMENTS:

SPARK256.01 DETECT OTHER PEOPLE DOUBTING THEMSELVES In your daily life, add the intention to detect when other people might be doubting themselves. Yes, it is true, you could be wrong in your assessment about them having Self Doubt. But, this experiment is to check with them about it. For the next month, [Scan](#) other people everywhere for symptoms of Self Doubt. Make notes in your [Beep! Book](#) about who it is, what was possible for them in that situation, and the Self Doubt symptoms you saw. Then at your first opportunity, approach them and say, "*Hi. Can I check something with you? In the silence after _____, or, in the moment when so and so said _____ there was an opportunity for you to say or do something, but you did not? Can you please tell me what was happening for you then?*" Take notes about their

answers to compare them to your own. If they ask, “*Why are you asking me this?*” you can say, “*I am investigating my own Self Doubt in S.P.A.R.K. 256 and I need data.*”

SPARK256.02 LISTEN TO YOUR FEARS For the next month, lower your [Numbness Bar](#) and focus on your fears. Every 10 or 15 minutes, do a ‘Fear Check’ on yourself by saying, “*Hello Fear. What do you have for me?*” Write whatever your Fear says into your *Beep! Book*. Some Fears are [Emotions](#) leading to [Emotional Healing Processes \(EHP\)](#). In particular, the fear in Self Doubt could be your suppressed emotional fear about being threatened with punishment. Do these EHPs with your Team as soon as possible. Some Fears are [Feelings](#) rich with immediate information about what to watch out for or take care of. Say, “*Thank you Fear.*” Then YOU decide what to do with the information you got. The Fear does not decide. You do. [Conscious Fear](#) is a powerful resource for your life.

SPARK256.03 LISTEN TO YOUR ANGER For the next month, lower your [Numbness Bar](#) and focus on your anger. Every 10 or 15 minutes, do an ‘Anger Check’ on yourself by saying, “*Hello Anger. What do you have for me?*” Write what your Anger says into your *Beep! Book*. Some Angers are [Emotions](#) leading to [Standing Rage Holds](#) and [Completing Incomplete Emotions](#) that you do with your [Team](#) to make use of the suppressed emotional anger at the system or the people who punished you. Some Angers are [Feelings](#) rich with immediate information for following your impulses, making decisions, and taking action now. Say, “*Thank you Anger.*” Then YOU decide what to do with the clarity you got. The Anger does not decide. You do. [Conscious Anger](#) is a powerful resource for your life.

SPARK256.04 DO THE SELF-SURGERY OF MAKING YOURSELF INDUBITABLE Get yourself into the workspace of a [Memetic Engineer](#) and ask them to help you do [Memetic Self Surgery](#) to replace the thoughtware of, “*It is better to stop myself from trying than to be punished for making a mistake.*” Ask them to help you follow your emotions back to the moment you installed this thoughtware. Something ‘bad’ was happening to you then, and this was your solution at the time. Feel and express the emotions. Then say, “*I have learned new things, so I am ready to install a new piece of thoughtware. I radically rely on the energy and information of my fear and anger to help me create what I came here to create.*” Your new thoughtware bypasses the old. Notice how much your 5 Bodies relax and regain functional harmony as you let Self Doubt drift back into history, part of a Survival Strategy that helped you stay alive.

SPARK256.05 LET DOUBTLESSNESS LAY THE PATH FOR YOUR SPEAKING Breathe in. Your breath turns to doubtlessness because you are alive. It is certain. You are really here. You can be doubt-free about it. Then when you breathe out, simply let your doubtlessness speak. It is exhilarating to speak so freely. Get used to it. Why? Because if it is necessary to speak, then you speak. Only when you speak do you gain sufficient feedback from the world to improve the value of your speaking. Life is an evolutionary [Path](#). If you do not evolve, you are not alive. For the next month, speak doubtlessly before you think. [Keep practicing](#). See what your impulses create.

SPARK256.06 ONLY DOUBT YOURSELF WHEN DOUBTING YOURSELF If a fear about an action triggers Self Doubt, then clarify yourself. How? Spin around once. [Stand](#) in the clarity that fear is fear, and comes from NOW, full of specific information and useful energy. Anger is anger, coming from NOW, full of specific information and useful energy. Self Doubt is mixed emotions that comes from the past or the future with a [Story](#) attached, weighing you down with unnecessary [Baggage](#). Let Self Doubt and its Stories swirl past you like a ‘dust devil’. You stay [Centered](#) in the [Present](#), here and [NOW](#), [deciding](#) how you implement what your fear and anger propose for you.