

At 35 years old, Mia has always had a passion for art. As a child, she would spend hours sketching and painting, dreaming of becoming a professional artist. However, growing up in a highly competitive and pragmatic family, her creativity was often dismissed as a mere hobby rather than a viable career path. She was told that pursuing art was unrealistic and that she should focus on something more "practical."

For years, Mia buried her passion and chose a stable corporate job instead. Though she excelled professionally, a part of her always felt unfulfilled. Whenever she tried to return to her artistic roots, a wave of self-doubt would overwhelm her. "What if my work isn't good enough? What if people judge me? What if I embarrass myself?" These thoughts paralyzed her, preventing her from sharing her art with the world.

One day, Mia stumbles upon an open call for an art exhibition. Something inside her urges her to take the chance, but her self-doubt creeps in once again. She realizes that the biggest barrier to her dream is not external criticism but the stigma she has placed on herself. Determined to break free from this fear, she embarks on a journey to reclaim her artistic identity. But how?

Tasks: Steps to Overcome Self-Stigma

1. Recognizing Self-Stigma

- What negative beliefs does Mia hold about herself and her artistic abilities?
- How has her past environment shaped her fears and hesitations?
- Why does she assume others will judge her harshly?

2. Understanding the Impact of Self-Stigma

- How does Mia's fear of judgment affect her creative expression?
- What opportunities has she missed due to self-doubt?
- How does this internalized fear impact her overall happiness and fulfillment?

3. Challenging Negative Beliefs

- What evidence contradicts Mia's belief that she isn't "good enough" to pursue art?
- How can she reframe her self-doubt into a more positive and constructive mindset?

4. Building Self-Compassion and Confidence

- What affirmations can Mia use to reinforce her value as an artist?
- How can she celebrate small artistic achievements to rebuild confidence?
- What role does self-kindness play in overcoming fear?

5. Taking Gradual Steps to Reclaim Her Artistic Identity

- What small, manageable actions can Mia take to share her work publicly?
- How can she create a supportive environment for herself?
- What should she do when self-doubt resurfaces?

6. Seeking Support and Encouragement

- Who in Mia’s life can provide encouragement and constructive feedback?
- How can she find artistic communities that foster positivity and growth?
- What professional guidance (mentors, art coaches) could help her further her skills and confidence?

7. Measuring Progress and Sustaining Growth

- How will Mia recognize that she is overcoming self-stigma?
- What strategies can she use to handle setbacks without losing motivation?
- How can she maintain confidence in her artistic journey for the long term?

By reflecting on these questions and taking intentional steps forward, Mia—and others who relate to her story—can learn to break free from self-stigma and embrace their passions with confidence.