

Discovering Your

MISTAKEN IDENTITY

3

Essential
Questions To
Ask Yourself



DOUGDANE

Reset your mind. Reset your life.

People Are Capable Of *Extraordinary* Change.

After 30+ years of working with people in the business world, I see how doubt and fear shape people just like you. One of the biggest challenges we face in the modern workplace—and in life as a whole—is *forgetting who we really are*.

I'm convinced most people are living with a Mistaken Identity.

What is a mistaken identity? Your mistaken identity is how you see yourself and the strong perception you have of yourself, which was drilled into you through your conditioning and your upbringing. You see yourself a certain way; you're mistaken about your potential, your qualities, and your gifts. You're convinced you're not worthy of more. You may have low self-esteem. You may be lacking self-confidence in parts of your life and see yourself as unworthy. **That's a mistake.**

How many missed opportunities, bad deals, or sales calls that don't work out does it take for you to acknowledge that what you're doing just isn't working? So many believe they aren't worthy or deserving of personal success, confidence, stability, safety, and love. I'm sad to say this is the norm—this study from the CDC says (60%) of people feel this way—there's only one path forward if you're suffering from a mistaken identity.

Here's a core truth: If you know yourself, know what you're capable of, and begin to live genuinely within that truth, your life starts to shift dramatically. It's more than a plot for a Netflix drama. I see it all the time, with my clients and I know it works because I've done it myself.

If you shift your perspective on your past, and recognize your mistaken identity and how it holds you back, you'll be able to rewrite a new story that aligns with the future you're creating.

Once you live in your truth, you become unstoppable. You will never become the victim of mistaken identity again. This is because you can differentiate between your goals and beliefs about yourself and other people's projections and weaknesses.

To do this, you have to start with three fundamental questions. I hope you'll find these prompts useful. They should take less than 10 minutes and can help you get to the core of what's holding you back from what you truly deserve.

All the Best,

Doug Dane

Question 1: **Who Or What Is Responsible For Your Problems?**

People with a Mistaken Identity might jump to write “ME!” down as the answer to this first question. It’s funny how those with the greatest leadership skills, are ready to take accountability in their management or work, and so frequently want to assign themselves the blame.

It’s easy to do that because born leaders live in self-accountability.

Chances are...the people who failed to protect you in childhood or let you down sometimes have an astonishing way of escaping accountability - so it gets transferred onto you. You end up living with it.

Causes of a Mistaken Identity May Include:

- Neglected as a child.
- Adverse childhood experiences in the forms of emotional, physical or sexual abuse.
- forms of emotional, physical, sexual abuse.
- Lack of physical connection as an infant.
- Programming of rules, values, beliefs, and prejudices.
- Judgment from parents and adults.
- Pressure to conform or fit in.
- Mistreatment: criticized, teased, made to feel small.
- Yearning to be loved and accepted by the family.
- Craving to be liked by others.
- Trying to fit in to avoid judgment.
- Pretending to be who you’re not.
- Feeling inferior and comparing yourself to others.
- Never feel like you deserve anything good in life.

Pick 2-3 things from the list above and jot down specific, concise bullet points on events in your life that created your Mistaken Identity and resulting problems in your life now.

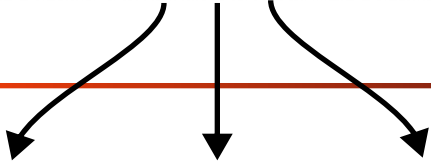
Causes

Life event

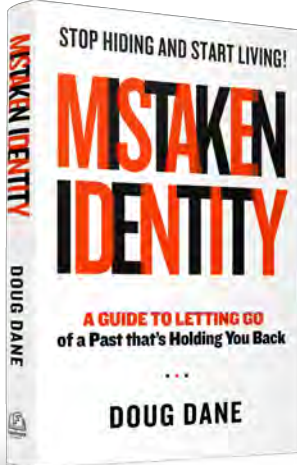
Now, take some time to reflect on how this event or events may have caused you to take on self-blame, shame and guilt or to forget who you are. How were your needs not met in this situation? How were your needs communicated as unimportant or of secondary importance?



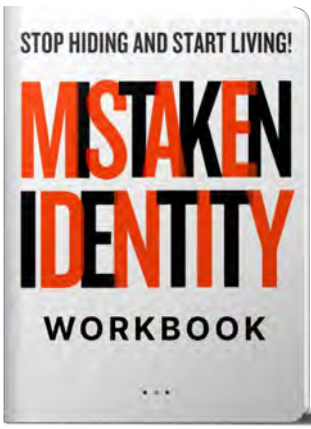
"Guilt should not be carried on, and if you do carry it on, it breeds more shame"
From chapter 4 of *Mistaken Identity*.



Leave the Past Behind & Thrive With the Mistaken Identity Bundle.



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 **The clock has started!** 

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72 hours!**

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Question 2: **Why** do you feel the way you do?

Everyone gets a case of Impostor Syndrome now and again. We tend to forget it's the human condition to feel alone, isolated, or separate from the crowd at key moments in life.

Reflect on recent moments when you've felt anxious, doubtful, or conflicted. What were the specific reasons behind these feelings? Additionally, think about the life events that could have contributed to these emotions. Can you identify any patterns or connections between these feelings and past experiences?

Example

Recently I've felt because of .

The life event causing this could be .

Now, your turn:

Recently I've felt because of .

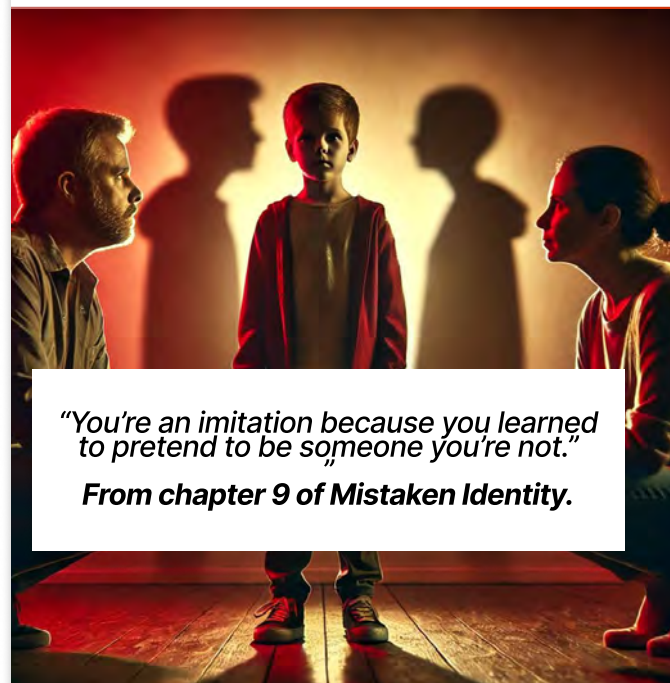
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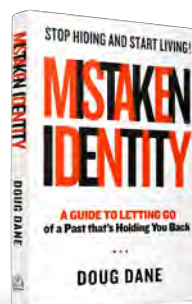
The life event causing this could be .



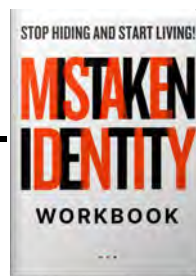
"You're an imitation because you learned to pretend to be someone you're not."

From chapter 9 of *Mistaken Identity*.

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Question 3: **How** is your thinking reinforcing your Mistaken Identity?

In the red box write down 3-4 sentences that reflect the negative thoughts or self-doubts you uncovered in Question 2. Then, craft a sentence that is the EXACT OPPOSITE of that statement for each.

You will now use this sentence as your affirmation. Changing your thinking helps change your belief system because it validates what you've gone through, and allows you to create your own dialogue about yourself.

Example

Negative thought about yourself

I always feel like I'm not good enough because I was neglected as a child.

Positive affirmation

I am valuable and deserving of love and care.

Now, your turn:

Negative thought about yourself



Positive affirmation

Negative thought about yourself



Positive affirmation

Negative thought about yourself



Positive affirmation

Here's what's next!

Our clients start seeing change instantly when they start reading Mistaken Identity. Here's why.

Here's why...It's not just an inspiring and motivating story. It's a journey within that will free you from an emotional prison.

Buy the 'Mistaken Identity' Bundle to Start Seeing Results FAST.

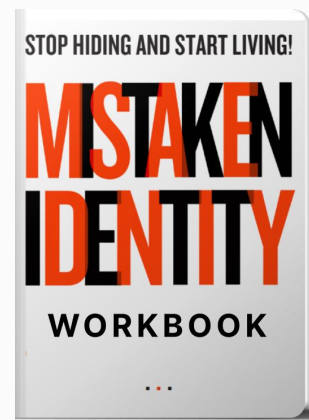
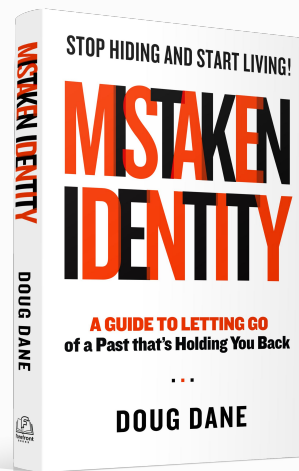
Why this is a Game-Changer

1. Follow a smooth, intuitive path to uncover your true self.
2. Heal your perspective of the past so you can find greater satisfaction in life.
3. Feel Immediate change.

[Buy Bundle](#)

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Customer reviews
★★★★☆ 4.6 out of 5



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This exclusive offer is available for the next
72 hours!

"You gotta get this straight...what happened to you when you were young wasn't about you, it simply happened to you. Do not think it was your fault."

Doug Dane



↓ Want To Join A Community Doing This Type Of Work? ↓

Surround Yourself With Good People.

Join The Mistaken Identity Facebook Group! ❤️

If you're struggling to make more money, build better relationships, improve your health, or overcome addictive habits, the Mistaken Identity Facebook group is here to help you understand and tackle what's holding you back.

What we do as a community:



Join live trainings on key insights from 'Mistaken Identity' where you'll learn to:

- Judge yourself less.
- Stop comparing yourself with others.
- Train your intuition to guide you throughout the day.
- Strive to be better than yesterday without shame or guilt.



Participate in challenges set by Doug to ensure you are moving forward, changing your perspective on yourself, and boosting your confidence.



Participate in discussion posts to challenge your thinking and help you break free from ingrained beliefs.

If you're interested in this work and want to be part of this movement, our Facebook group is where all the action is happening. Even if you don't buy the book, come see the work we're doing and witness the kind of change that can happen for you.



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