

SELF-SABOTAGE EXPLORATION

When you engage in self-sabotage, you prevent yourself from living a life that brings you joy, happiness, and satisfaction with working toward and achieving your goals. Complete this worksheet to understand better how you engage in self-defeating behaviors and discover methods to banish your self-sabotage permanently.

1. What does self-sabotage mean to you?

2. How can self-defeating behaviors affect your life? What are the potential long-term effects? What happens over time?

3. How do you self-sabotage? Take a moment to think about how you may engage in these behaviors. Write them down.



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4. What patterns do you see? For example, do you mostly do these things yourself regarding your health? Your job? Your relationships? Make a note here of any patterns you've noticed.

5. What new ways will you respond in the future? Now is the time to commit to behaving differently. For each behavior you listed in #4, jot down how you'll react to those same situations to avoid self-sabotage in the future.

6. Share your commitment to stop self-sabotage. Whom can you talk to about your vow to end self-defeating behaviors for good?



New facts I learned about myself and self-sabotage:

- _____
- _____
- _____
- _____
- _____
- _____

Reflections:



SELF-SABOTAGE EXPLORATION

7. Educate yourself. Which books will you read to become more informed about your feelings, thoughts, and motives?

8. Reinforce your efforts. How will you reward yourself when you avoid self-sabotage? Circle all that apply.

- Tell myself I'm doing a good job
- Give myself an afternoon to do whatever I want
- Write down my feelings
- Share my progress with a confidante
- Other: _____

9. What will you do if you cannot stop self-sabotaging behaviors?

