

Ending the Cycle of Self Sabotage



1. Identify Your Cycle - Where are you self sabotaging? (ex: Finances/Relationships/Job etc)

2. What is the underlying reason for this self sabotage? (ex: To keep you safe/Keep you small/Not take risk, etc)

3. How true is this reasoning?

4. How likely is this reasoning to unfold?

5. What's another way you can think about this?

6. What from your past is causing you to think this way?

7. What are you REALLY afraid of? (ex: Failure/Rejection/Being Hurt, etc)
