Self-Sabotaging Behaviour

The point of this topic is to help you become aware of the outcomes of behaviours that influence your results and where you are now or where you may have come from.

Being aware of your own self sabotaging behaviour is a key to creating longterm results.

Forms of routine sabotage could include not planning ahead, staying up late, not organising the groceries, repeatedly over working, or not creating a boundary. You also may have a very negative mantra about yourself and this will manifest as low self-esteem.

Another form could be the perfectionist mentality – beating yourself up for the 1% of the tasks you didn’t achieve, while ignoring the 99% of the tasks you achieved outstandingly.

Outcomes of self sabotage may include:

* emotional drinking,
* eating,
* shop-therapy,
* drugs,
* over exercising
* or moving from one dysfunctional partner onto another
* a feeling of guilt or sadness

A deeper form may be not addressing the root cause of historical trauma and holding on to negative emotions or being stubborn.

Skills to overcome self sabotage

* Maintain your routine – sleep, food prep, water intake and food choices
* Create a positive mantra
* Create boundaries with people who affect your stress levels
* Create a stress management technique to keep calm in a stressful situation
* Take some new food choices along with you to celebrations
* Replace excuses with opportunities – excuses create a pothole, opportunities build a freeway

Address the root cause of any trauma that still triggers you.

1. Accept responsibility for your reaction to the stress
2. Recreate a new perception of your journey
3. Create purpose which will give you clarity and direction
4. Use forgiveness to overcome bitterness and anger

What behaviours can you identify that are holding you back?

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What are the skills/routine you have learnt that you need to counteract this behaviour?

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Set the goal to create habits for the rest of the year – list the habits below:­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_