

## WORKSHEET

# SELF-SABOTAGE

Complete this worksheet to gain a better understanding of your self-sabotaging thoughts and behaviors.

1. What is self-sabotage?

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2. How do you self-sabotage? Take a moment now to think about the ways you sabotage yourself: Thoughts? Beliefs? Self-Talk? Words? Actions?

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3. What patterns do you see? For example, do you mostly sabotage yourself when it comes to your health? Your job? Your relationships?

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4. What new ways will you respond in the future? For each way you listed above that you engage in self-defeating behaviors, jot down how you'll respond to those same situations to avoid self-sabotage in the future.

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

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

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7. 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: \_\_\_\_\_

Other: \_\_\_\_\_

8. What will you do if you're unable to stop self-sabotaging behaviors?

Call a counselor for help

Contact a life coach for guidance

Talk in-depth with a friend

Read and study more self-help materials

Other: \_\_\_\_\_

Other: \_\_\_\_\_

With some effort on your part, you can develop awareness into your self-sabotaging behaviors. Change what you're doing to discover a life that's rich and full of all the joy and excitement you seek.