



Project Monkey Mind

WORKSHEET

SELF-SABOTAGE

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

1. What is self-sabotage?

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

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

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.

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

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

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.