# Identifying Self-Sabotage



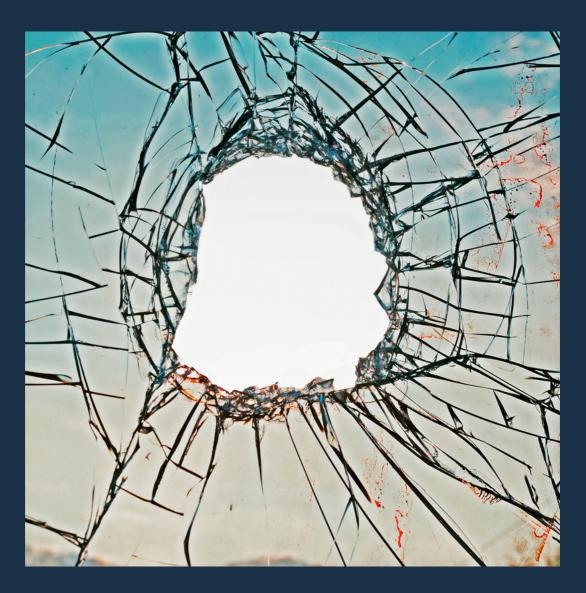DeDe Anderson
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# What is Self – Sabotage?

Self-sabotage is the act of undermining your goals and dreams with unhelpful actions.

What creates those unhelpful actions? Shitty Sentences in your mind!

Therefore, **Shitty Sentences = Self-Sabotage (SS)**

⭐AWARENESS is the 1st step in learning how to work through self-sabotage more effectively.

Answer the following questions so you can start seeing what your brain thinks about you reaching your goals. There are no wrong answers!

What are 3 beliefs you have about your current goal?

1.

2.

3.

What would you like to believe instead?

1.

2.

3.

Pick one self-sabotage behavior you want to stop now.

Why do you want to stop it?

What is the immediate action you can take today to change that behavior?

BEHAVIOR:


WHY:


IMMEDIATE ACTION:

# 4 steps to changing your sabotaging patterns

**#1** Awareness - Find the Shitty Sentences

**#2** Release any judgement you have of yourself for having these patterns

**#3** Re-Think how you Think - Question and change that old belief

**#4** Practice believing the new thought! Act as if you are a person that believes the new thought!

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# Self-Sabotage Awareness
## ✦ Questions

*Figure out your common self-sabotage patterns by answering the following questions.*

What days am I more likely to self-sabotage?

Who am I usually with when I self-sabotage?

What time of the day do I most often self-sabotage?

Is there any specific actions I self-sabotage with?

# Be Limitless

*Limiting beliefs (**Shitty Sentences**) are stories you've thought so many times they feel true. This is what convinces you to self-sabotage*

These are some of the most common limiting beliefs related to weight loss, circle the ones that resonate the best with you.

- Healthy food is boring
- I'm missing out
- Losing weight is hard
- Dieting takes too much time
- I'm too old
- I'm too lazy
- I can't exercise
- Diets don't work for me
- I'm just big boned
- I'll start Monday
- Skinny people are mean
- I'd rather be fat than miserable
- I'll get wrinkles

- I'll have loose skin
- The only way to lose weight is to starve
- There is a certain way to lose weight
- I can't eat what I want and lose weight
- I'm genetically destined to be fat
- Throwing food away is wasteful
- It's all so complicated
- It's too expensive to buy healthy food
- It's selfish to work on me

# Be Limitless

*Limiting beliefs (**Shitty Sentences**) are stories you've thought so many times they feel true. This is what convinces you to self-sabotage*

These are some limiting beliefs related to money, circle the ones that resonate the best with you.

- It takes hard work to make money
- Rich people are greedy
- I'll have to give up my social life to make more money
- I have to put in more hours to be more successful
- I'm too old
- I'm too lazy
- I have no motivation
- I'm not smart enough
- I don't know how
- Skinny people are mean

- I can't save money
- I don't know how to invest money
- The money I make isn't significant
- I only work for the insurance benefits
- This raise isn't enough to make a difference
- I'll never have enough money for that
- My husband is the bread winner
- If I make more I'll just spend more.

# ✦ Why?

Having several reasons why you want to reach this goal helps you connect in that moment when you know you are about to sabotage, and you just want to say F*ck It.

Having a clear and hard why is your saving grace.

Why do I want to _____
(insert goal here)

Why is that important?

But, why is that important?

But really, what makes that important?

And why is that so important?

# Why?

List 20 reasons why your goal is important to you!

*Prompts you can use are...*

To feel...

To be proud...

To change...

So I finally...

To stop feeling...

To shop...

To wear...

To think...

To learn...

So I can start...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

# Discipline is a decision made over and over again

## Use the space below to create a routine for yourself.

*Having a plan is the best way to succeed.  If you don't have a plan, then plan to fail.*

My routine:

I am excited about this routine because it will help me..........

*Remember when you have resistance to making and following a plan, it's because you have a lack of belief that it will work.*

# Drivers of Self - Sabotage

*There are a few things that drive our self sabotage patterns. Here is a list of the 4 most common ones.*

**#1 Lack of Self Worth**

This shows up in thoughts like:

"I've never been able to keep the weight off before"

"I'm lazy"  "I'll never have the things I want"

**#2 Fear of Success**

Your worry you won't be able to maintain the Weight Loss, or be able to save money. This shows up in actions like: Rewarding yourself with junk food after a "good" weigh in or buying something after saving money or paying off a CC.

**#3 Lack of Belief**

You don't believe you'll ever actually reach your goals. This shows up in the following areas:

- Not creating a food plan\Budget
- Not having healthy food options on hand\ Not looking at your finances

When you do fail the blame is laid elsewhere, never taking responsibility for not believing in yourself in the first place.

**#4 Fear of Failure**

You're afraid you'll do everything "right" and it still won't be enough.

This looks like getting too attached to the final outcome instead of the pride, commitment and courage it takes to go all in for yourself. *Which one do you resonate with?*

# Catching your SS

There are 5 different stages in which you can catch your self-sabotaging patterns.

## Consequence Stage

In this stage the SS pattern has already caused a consequence, such as weight stall or weight gain or CC debt.

You want to get curious and figure out what actions have created this result.

## Doing Stage

In this stage you notice the pattern while you are doing it. This might be over eating or spending.

You want to again get curious and not be judgmental. When we are in a place of curiosity we are more open to changing or stopping the behavior. It's as simple as putting the food down and saying I've had enough or putting the item back you were going to purchase.

## Feelings Stage

In this stage you notice how you "feel" right before the SS behavior.

Knowing the feeling leading up the SS behavior allows room for a different reaction.

# Thoughts Stage

In this stage you actually hear the thoughts that are creating the feeling that's driving the SS behavior.

Hearing the thought allows us to consider believing a new thought about our behaviors.

# Circumstance Stage

In this stage you become aware of what circumstances are "triggering" the thoughts, that are generating the feelings that are driving the SS behavior.

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When you start noticing these things and get curious about them and not judging these thoughts and behaviors the more likely you will be able to start seeing them in real time.

This collapses the timeline between awareness to actual change.

Admitting we have SS behaviors can sometimes be painful and cause shame. It's 100% normal to have these behaviors.  It is the design of the human brain to be negative. It's only when we think we shouldn't have these thoughts or behaviors that it becomes a problem.

# Cacthing your SS Worksheet

What thoughts do you have about yourself that triggers your self-sabotage?

#1

#2

#3

For each of the stages what are some signs of Self - Sabotage to watch for?

Consequence

Doing

Feeling

Thought

Circumstance

# Now What?

It's not enough to become aware of your Self Sabotaging behaviors!

You want to stop them in the act!

## But we also have to replace them with Supportive behaviors

These new behaviors need to be as appealing as your old behaviors.

If you Self Sabotaged for comfort, what new behavior can solve for comfort?
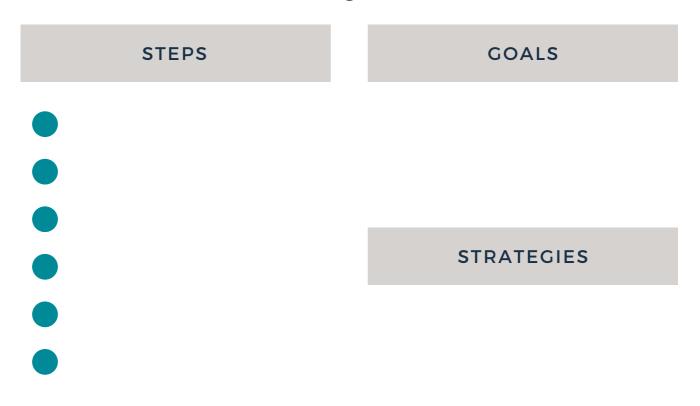
Now that you have a new supportive behavior you need to CELEBRATE the hell out of yourself when you do the new behavior!!!!

# 30 Day Goal

| STEPS | GOALS |
|---|---|
| ● | |
| ● | |
| ● | **STRATEGIES** |
| ● | |
| ● | |
| ● | |

*commit to the steps daily, not just the end goal*

## PROGRESS TRACKER

| DATE | PROGRESS |
|---|---|
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