

Uncovering Self-Sabotage in Everyday Life

Self-sabotage can show up in various areas of life, often without us realising it. It can prevent progress, damage relationships, and stop us from reaching our full potential. This worksheet will help you recognise where self-sabotage appears in your life, with examples of how it might manifest in each area.

Work or Career



Example: Avoiding applying for promotions or taking on challenging projects because you fear failure or don't feel "good enough."

Relationships



Example: Pushing people away or creating unnecessary conflict to avoid vulnerability and rejection.

Health & Wellness



Example: Skipping workouts or neglecting self-care because you feel like you're not worth the effort or won't see results.

Personal Goals



Example: Procrastinating on starting a new project or hobby because you doubt your ability to succeed.

Finances



Example: Overspending or avoiding budgeting because it feels hard to manage or you don't deserve financial stability.

Education



Example: Not studying or preparing for exams because you assume you'll fail regardless of the effort you put in.

Social Life



Example: Canceling plans or avoiding social events because you believe you won't fit in or worry about being judged.