

# Addressing Self-Sabotage

Self-sabotage happens when we act in ways that undermine our own success and well-being, often driven by fear, doubt, or negative beliefs. This worksheet will guide you through steps to recognise and challenge self-sabotaging behaviours so you can move toward personal growth and fulfilment.

Pattern to Recognise	How It Manifests	Example
Recognise Your Patterns	Self-sabotage can take many forms, such as procrastination, perfectionism, or avoiding challenges. Start by identifying the specific ways you sabotage yourself.	Delaying important tasks because you're afraid of failure.
Identify the Triggers	What situations or thoughts trigger your self-sabotaging behaviour?	Feeling overwhelmed by a big project might lead to avoidance. Write down what triggers these patterns to better understand their roots.
Challenge Negative Beliefs	Often, self-sabotage is linked to negative beliefs about yourself. Challenge these thoughts by asking, "Is this really true?"	If you think, "I'm not good enough," question it by recalling times you've succeeded.
Set Realistic Goals	Break large goals into smaller, manageable tasks to avoid overwhelm and procrastination.	Instead of "Finish the entire project," try "Work on the project for 30 minutes today."
Build Accountability	Share your goals with a friend, mentor, or support group to help keep you on track and encourage you to take action.	Ask someone to check in with you regularly on your progress.
Practice Self-Compassion	Self-sabotage often comes from fear of failure or rejection. By practicing self-compassion, you can reduce the harsh self-criticism that fuels self-sabotage.	Remind yourself that it's okay to make mistakes, and use them as opportunities to grow.