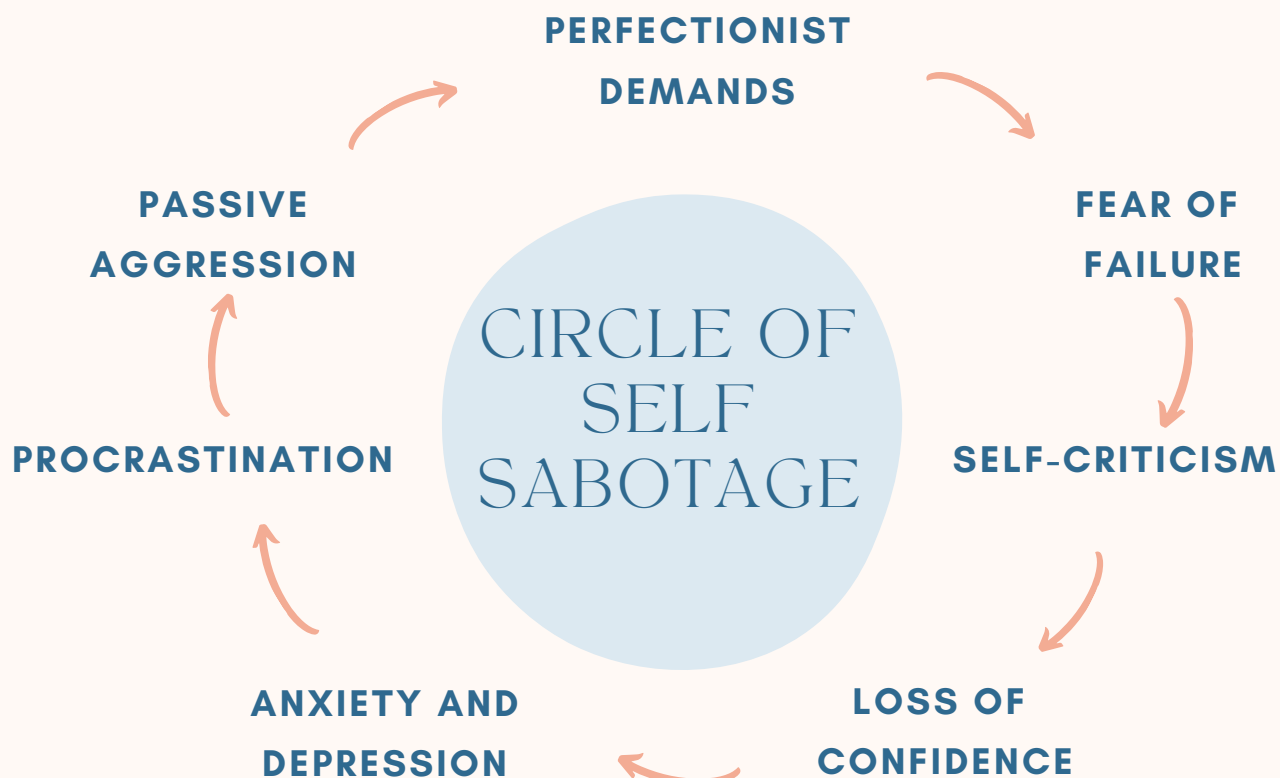




SELF SABOTAGING CIRCLE

Self-sabotage is when we actively or passively take steps to prevent ourselves from reaching our goals. Chronic self-sabotage depletes drive and motivation and leaves us sad, anxious, and with damaged self-esteem, and if left untouched, a vicious circle will completely spiral out of control.

Identifying and eliminating these self-limiting behaviors is crucial to living our lives fully.



WHAT IS SELF-SABOTAGE?

Self-sabotage undermines your success despite your wishes, dreams, or values; it is when we consciously or unconsciously take steps to prevent ourselves from achieving our goals. Self-sabotaging behaviors can affect our personal and professional success, as well as our mental health. Examples of self-sabotaging include failing to prepare for a test or meeting, even though your goal is to be more organized, eating junk food when trying to be healthy, or giving up when things get too complicated.

There are many reasons why people self-sabotage. However, the three most common causes involve your thinking patterns.

1 Faulty Thinking

The human brain has been wired to hold onto familiar things, to overestimate risk, and to avoid new things. This thinking pattern is known as the familiarity heuristic, which ultimately makes us overvalue the things we already know and undervalue things we don't know or unfamiliar things.

So if we are caught in a cycle of self-sabotaging without realizing it, we will continue with old habits and ways of doing things, even if they are sabotaging.

2 Fear of intimacy or fear of rejection

Individuals often self-sabotage in relationships when they reach a certain level of intimacy. Examples include extreme paranoia, criticism toward your partner, engaging in unhealthy behavior, holding grudges, putting energy into everything except your relationship, and having unrealistic expectations. All these behaviors stem from unconscious thoughts in which we fear getting trapped or rejected if we get too close.

3 Procrastination and avoidance

Procrastination involves stalling rather than immediately diving into a project or not dealing with a problem until it gets so big that you are forced to deal with it. Self-sabotaging by starting something at the last minute, staying up too late, spending time with friends, or watching a movie instead of working are all common patterns. In the short term delaying action and engaging in distractions helps you avoid stress and anxiety, but in the long run, the consequences might come back to bite you.



Self-Sabotage Quiz

Why do we self sabotage?

Take the quiz and find out which L.i.f.e element has contributed to your self sabotaging.

L.I.F.E =

Low self-concept

Internalized traditions

Fear of the unknown and change

Excessive need for control

	STATEMENT	TRUE?
A	Your feelings about yourself depend on situational factors, such as what people say to you, how you look, or how you are treated.	
A	You measure your self worth based on your accomplishments in life.	
A	You have trouble identifying the things that you like about yourself (Tip, try and list five things that you like about yourself. If you have trouble with this task, then answer YES)	
A	You need help knowing who you are and understanding your identity, such as your morals, values, and beliefs.	
A	You often compare yourself to others and their achievements and wonder if you can achieve similar things.	
B	You have always been told that risk taking is dangerous and that the world is a scary place.	
B	You have grown up around an anxious person, such as a parent or sibling who always seemed nervous and worried about things.	
B	When you were young a significant adult could never accomplish their goals, which used to discourage them with their future efforts.	



Self-Sabotage Quiz

	STATEMENT	TRUE?
B	You grew up with high expectations and standards, and if you did not meet others expectations you were put down and criticised.	
B	You grew up without having any real good role models in your life. All your accomplishments have been done on your own.	
C	You don't like surprises or unplanned things. You prefer routine and if your usual schedule or structure doesn't happen then you get angry.	
C	You don't deal well with change in your life. For example, if you started a new job, instead of feeling excited you felt anxious and worried.	
C	When you don't know what to do in a situation you feel nervous and panicky.	
C	You are constantly putting yourself down with negative self talk, such as "I can't do this" or "I'm a failure."	
C	When you have gone out of your comfort zone and tried something new, it was a disaster and then it discouraged you from trying new things.	
D	You get called a control freak often.	
D	You always have to be right and win every argument.	
D	You are a harsh critic on others, but also on yourself.	



Self-Sabotage Quiz

	STATEMENT	TRUE?
D	You like to correct others when they make a mistake or when they are wrong, (no matter how big or small it may be.)	
D	You don't admit your faults and you have a very hard time admitting that you are wrong.	

Count up all the true marks that are linked to each letter. Then, check to see which L.I.F.E element you have the most true marks. If you have a tie, this would mean that you have a mixture of the two elements.

If you have very few true marks, that is great; you can rest assured that you are not self-sabotaging your life. You have many strengths that you can rely on that can help you with other obstacles in your life.

MOSTLY A'S = LOW SELF-CONCEPT

When people meet someone new for the first time, we usually introduce ourselves by providing information about who we are. We typically say things such as "I'm a nurse," or "I'm studying at college," or "I'm a swimmer" to describe who we are. How we view ourselves and our statements about ourselves are all part of our self-concept.

Self-concept is how we perceive ourselves; it involves everything about ourselves, such as our thoughts and feelings about ourselves physically, personally, and socially.

There are three main concepts of self-concept:

- Self-image. How we view ourselves, including our physical and cognitive evaluations
- Ideal self. The person we wish to become.
- Self-worth. This is also known as self-esteem, formed by social interactions and feedback from others.

When you have a low self-concept, it usually goes hand in hand with low self-esteem and confidence, and you tend to believe that you can don't have the ability to become your ideal self. The low self-concept can even go as far as having self-sabotaging thoughts such as, "I don't deserve good things in life" or "I'll never be good enough," The more you self-sabotage, the more you reinforce your low self-concept; the cycle goes on.

To break this cycle, first, you must increase your self-concept, develop a strong self of self and identity, and secondly, identify the self-sabotaging comments and put-downs to try and break that cycle.



Self-Sabotage Quiz

MOSTLY B'S = INTERNALIZED BELIEFS

Your experiences, attitude, and beliefs are part of what makes you who you are. They affect how you think, what you do, and how you do it. An internalized belief is something we unconsciously believe about ourselves. Outside influences have all formed and internalized these internal messages and beliefs. Your background, upbringing, experiences, and relationships will all have played a part in how you see things.

Beliefs are developed and inherited. As we grow up, we unconsciously watch, learn and take on the views of those around us, especially those we admire. Parents, siblings, coaches, teachers, mentors, and workmates pass their opinions and beliefs on to us, and we can accept them. We might turn them into our thoughts or reject them in time.

Unfortunately, we learn to take on both the good and bad beliefs of others; for example, we might be repeatedly told what to worry about and fear in life, which could end up holding us back or even self-sabotage.

For example, if you had an overly critical parent that was judgemental and questioned everything that you did, your inner critic would self-sabotage all your decisions in life, possibly leaving you to procrastinate and never entirely buy into anything with complete confidence because your inner voice would contribute to a lack of motivation, reluctant to try and do new things, fear of being criticized, as well as craving acceptance and approval from others.

MOSTLY C'S = FEAR OF THE UNKNOWN AND CHANGE

Humans are creatures of habit and routine. Fear of change is one of the most common fears that people face. Although stress from change is a natural part of life, it is difficult for everyone and will always cause feelings of overwhelm to some extent. Throughout your life, you will deal with change in many ways. Some changes are very minor and easy to get past. Other changes may be more significant, leading to elevated stress levels.

Our brains are lazy by nature, and they love it when everything stays exactly as it's always been so they can run on autopilot, knowing that we're safe in the life we've always known. Our brains are constantly looking for the easiest and most energy-efficient way to operate, so around 95% of our lives are run without even thinking about it.

When was the last time you had to think about how to wash your hair or get dressed? We do these things subconsciously, without any effort of thinking, because it is physically wired into our brains. No wonder, when faced with change, most of us find it kind of scary.

Our brains love familiarity and don't like the unknown and, most of all, change.

Any particular change can cause fear because it is the unknown, and our brains are very good at perceiving change as fearful and dangerous. Animals might fear an immediate danger that is happening right now, but can we fear something that might happen that isn't happening now, that isn't even showing its ugly face at the moment? Excessive fear of change is an unhealthy coping mechanism attempting to protect you; your mind is holding you back from dangerous situations you have already played out in your head. So instead of making an uncomfortable change, your mind and body would stick with the same old thing because it's what you already know, and you have learned how to handle it, even if the situation is terrible for you.

For example, if you are in a toxic relationship and know you need to leave, you can self-sabotage yourself by listing all the possible bad things that 'could' happen if you make the change and justify your reasons to stay.



Self-Sabotage Quiz

MOSTLY D'S = EXCESSIVE NEED FOR CONTROL

Control can be defined as exerting influence over one's environment or the actions or behaviors of another person—it is sometimes used excessively by those who fear the unpredictable and ambiguous, feel they need to prove themselves or fear losing control.

From an evolutionary point of view, if we control our environment, we have a far better chance of staying alive. Our deep subconscious mind thus gives us strong biochemical prods when facing danger (such as the fight-or-flight reaction).

Look around and watch what we as humans do. So much of our everyday activity is related to achieving our much-needed sense of control.

Rituals, for example, are everywhere. So why do we have them? They reassure people that everything is as it was and provide a familiar framework for our daily lives.

Social norms and values tell us what to do, what is right and wrong, what is good and bad. When everyone in the group follows the rules, we feel a sense of control.

Being in control of your life sounds positive, and in most cases, it can be. But, the desire for control may be rooted in a fear of uncertainty, and for some people, the need to control everything can become all-consuming.

Like most aspects of mental health, controlling behaviors exist on a spectrum — most people experience them to some degree. However, if you feel the need to control everything and events around you, you may consider yourself a perfectionist, holding yourself (and others) to high standards.

A persistent desire or need for control may be linked to difficulty accepting uncertainty. You may create a sense of security and predictability by exerting control over every aspect of a situation. On the other hand, if you constantly need to control your life, you may be holding yourself back by not letting go and trying new things or accepting things that are out of your control.

Another way people like to feel in control is with your feelings; this can be especially detrimental in relationships, as it can stop you from being vulnerable and opening up to your partner, ultimately providing a deeper trust and connection. You may sabotage your relationship by staying in control but never feeling vulnerable.

QUICK TIPS FOR ENDING SELF-SABOTAGE

- Work on your self-concept. Understand and identify your core values, beliefs, and morals. Then, try and stick to them and behave in ways that align with your self-concept.
- Challenge your internalized beliefs, challenge your negative self-talk, and stand up to your inner critic.
- Challenge your fear of change and the unknown, accept that it is a part of life, and instead of focusing on all the negative things that could happen, embrace the new path you are on and look at the positives.
- Please just give up your need for control. You can't control everything in your life and shouldn't have to. Instead, have confidence that no matter what life throws at you, you have the skills to overcome it.





1

FAULTY THINKING

Faulty thinking are thinking styles that our mind uses to convince us of one thing when in reality it's completely untrue. The inaccurate thoughts are used to reinforce negative thinking patterns. They are biased perspectives we take on unknowingly and reinforce over time. These patterns of thoughts are often subtle and difficult to recognize when they become a regular feature of your everyday thinking. That is why they can be so damaging because it's hard to change something when you don't realize it needs to be changed.

REFRAMING THOUGHTS

Our thoughts determine our behaviour, therefore it is important to have positive thoughts. Try and change the negative thinking into more positive productive thinking.

Instead of..	Try..
Everyone is going to stare at me	People might look at me because they like my outfit
What if I make a mistake	
I wont know anyone at the party	
I don't want to do this	
No body at school likes me	
I am a failure	
I am going to come last	



THE POWER OF YET

Imagine believing that you are capable of achieving anything.

When you develop a growth mindset, you understand that your abilities are not fixed and that learning new skills and intelligence is developed over time with persistence and determination.

A growth mindset opens the door to new possibilities, even those you once might have thought were unattainable.





THE POWER OF YET

Often when self-sabotage, we attach our thoughts with "what if?". For example, "What if I fail my test," "what if the doctor has bad news," "what if I'm late." When we do this, we are already predicting a bad situation and failing to see any other possible outcomes. If you find yourself saying "What if," catch your thought and think of a positive "what if" situation instead.

NEGATIVE WHAT IF?.....

POSITIVE WHAT IF?.....



2

FEAR OF INTIMACY

To be intimate with someone is to share close emotional or physical ties. If you fear intimacy, you often have a subconscious fear of closeness or fear of becoming too close to others. As a result, you may unknowingly avoid intimacy and make excuses to avoid getting too close to anyone romantically. Though you may long for intimacy, it is also possible that you never seem to allow yourself to get vulnerable.

Fear of intimacy red flags



You have trust issues or have been hurt in your past relationships.



You suffer from low self-esteem.



You Feel uncomfortable with physical contact.



You have difficulty expressing your needs.



You are a perfectionist.

FEAR OF INTIMACY

Quiz

Read each statement carefully and rate it as either 3 (very true), 2 (somewhat true) or 1 (not true at all).

	STATEMENT	3 2 1
1	I feel uncomfortable telling my partner about things in the past that I am ashamed of.	
2	I feel uncomfortable talking with my partner about a past situation that really hurt me.	
3	I find it hard expressing myself and my feelings to my partner.	
4	There has been times when my partner was upset and I found it difficult to show them that I care about them.	
5	I am afraid to confide my true feelings to my partner.	
6	I get anxious just thinking about telling my partner that I love them.	
7	At times I feel uncomfortable with my partner for no reason at all.	
8	I feel discomfort when I express my feelings to my partner.	
9	I feel afraid to make any long term commitments with my partner.	
10	I feel very uncomfortable sharing my past experiences to my partner, even the happy ones.	

FEAR OF INTIMACY

Quiz

	STATEMENT	3 2 1
11	I get nervous when I show physical affection to my partner.	
12	I find it difficult to be truly open to my partner.	
13	I don't like it when my partner emotionally depends on me.	
14	I am afraid to share with my partner what I dislike about myself.	
15	I am afraid to get closer with my partner as there is a risk that I could get hurt.	
16	I feel more comfortable keeping private information to myself.	
17	I feel don't comfortable being spontaneous with my partner.	
18	I am a closed book, I am a very private person.	
19	I often have moments of unexplainable frustration, coldness, or indifference towards your partner?	
20	I feel uncomfortable when my partner shares their personal feelings and experiences with me.	



FEAR OF INTIMACY

Quiz

	STATEMENT	3 2 1
21	I am afraid of sharing my person thoughts and feelings with my partner.	
22	I find it difficult to trust my partner.	
23	I feel comfortable telling my partner what my needs are.	
24	Sometimes I just shut down when I am around my partner, for no reason at all.	
25	I feel stuck at a certain point in my relationships and find it hard to move to the next stage in my relationships.	
26	I feel uncomfortable showing physical affection, even though I want to receive it.	
27	In my past I have had too many or too few unstable relationships.	
28	I fear being rejected or hurt by your partner.	
29	I have low self esteem and often devalue myself.	
30	I have been told in the past by my ex partners that I always keep them at arms length.	



FEAR OF INTIMACY RESULTS

Add up your results. You should have a score between 30 - 90.

SCORE BETWEEN 70 - 90

You have a high score on the 'Fear of Intimacy' quiz, which means you are most likely struggling to get emotional and physical with your partner. You may or may not be doing this deliberately.

Having a fear of intimacy in your relationship can cause stress, which could lead to a breakdown in your relationship, even before any real intimacy begins.

In the future, you may need to understand why you have developed such a fear of intimacy and try and work on opening up to your next partner to maintain any future relationships.

SCORE BETWEEN 50 - 70

You have a middle score on the 'Fear of Intimacy' quiz, which means that although you are not entirely closed off to your partner, you still have many areas in your relationship that you need to work on within yourself.

Try to understand what area of Intimacy you struggle with the most, whether it is emotionally, physically, spiritually, or intellectually.

To be truly intimate with someone means Intimacy means you can honestly reveal your true self to your partner and connect on a deep level.

In the future, try to grow from your past relationships, learn from where you held yourself back, and move forward.

SCORE BETWEEN 30 - 50

You have a low score on the 'Fear of Intimacy' quiz, meaning you do not fear intimacy in your relationships. This is great as you feel very secure and confident within yourself. As a result, you can express yourself clearly and comfortably with your partner.

In your future relationships, remember that there is constantly growing and learning to be done; keep being honest with yourself, and don't let anyone take advantage of you; don't be fearful in your relationships.

Even if your heart is broken, "Better to have loved and lost than never to have loved at all."





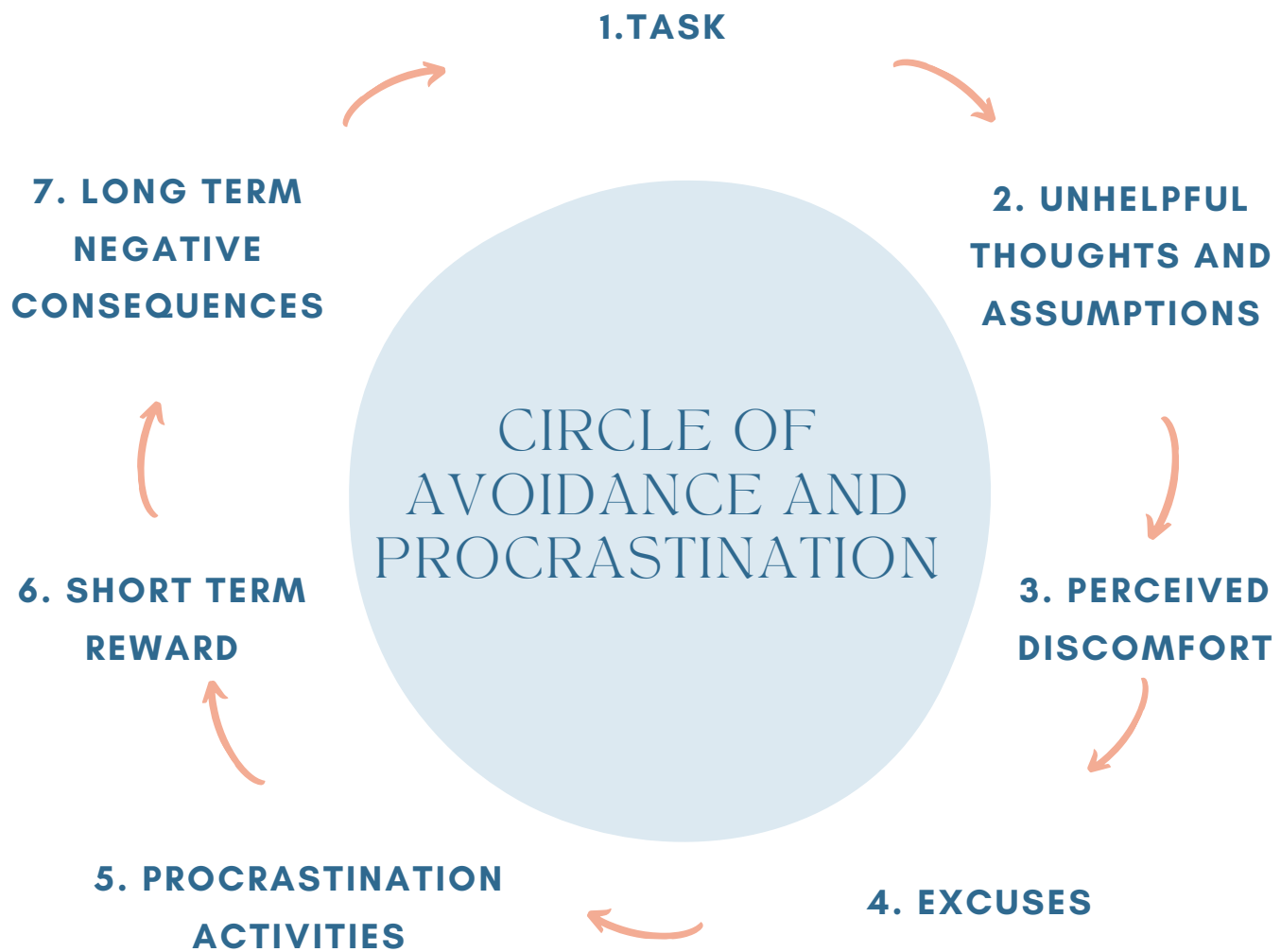
3

PROCRASTINATION AND AVOIDANCE

What type of person are you? Are you the type of person who tackles things head-on and gets tasks done right away, or do you have a bad habit of avoiding, procrastinating, and putting things off?

Procrastination is delaying or postponing a task or set of functions and can be self-sabotage in disguise. It derails us from completing missions and prevents us from achieving our bigger goals.

Avoidance and procrastination bring many negative consequences that can affect many aspects of your life, such as feeling overwhelmed, increased stress, anxiety, guilt, fear, worry, depression, burnout, and low self-esteem.





WAYS TO OVERCOME PROCRASTINATION

1

Set specific and realistic goals.

2

Assess your procrastination. Identify the things that you delay unnecessarily. For example, you may browse your social media accounts instead of studying.

3

Create an action plan. That involves using relevant anti-procrastination techniques.

4

Break tasks into manageable steps, such as into sub-tasks that you can easily complete.

5

Make it harder to procrastinate by removing potential distractions.

6

Set yourself some deadlines, such as deciding that you'll complete a specific task by noon tomorrow.

7

Identify and address your fears by considering what advice you'd give to a friend.

5

Increase your motivation by marking streaks of days on which you achieve your goals.

6

Use time-management techniques by alternating consistently between work and rest.

7

Develop self-efficacy by reflecting on your successes.



ALL ABOUT ME

NAME _____ NICKNAME _____

STAR SIGN _____ D.O.B _____

FAVORITE FOODS

• _____
• _____
• _____

FAVORITE SONGS

• _____
• _____
• _____

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

WORDS THAT DESCRIBE ME

• _____
• _____
• _____

IN MY SPARE TIME I LIKE TO

• _____
• _____
• _____

A QUOTE THAT INSPIRES ME IS



ALL ABOUT SELF-SABOTAGING

How would you define self-sabotaging?

What are some of your self-sabotaging behaviors?

How do your self-sabotaging behaviors impacts your well-being and life?



ALL ABOUT SELF-SABOTAGING



Why do you think you self-sabotage?

Are there any particular self-sabotaging patterns that you can recognize?

What can you do differently?

ALL ABOUT SELF-SABOTAGING



How can you reward yourself?

What coping skills can you put in place so that you have a back up plan when things get tough?

REFLECTION



GRATITUDE

When you show gratitude, you express your thanks for something, letting us appreciate the memories and things we still have. So, for example, while you will be feeling incredibly sad that you have lost someone, you might still be grateful for the time you had with them or for the things you still have.

A memory with my loved one that I am grateful for is...



Things about me that I am grateful for...



Things that I have learnt this year and grateful for are...



My loved one would be most grateful for...



I am grateful for my life because?





SELF-CARE

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is really anything you do for yourself that makes yourself feel better or cared for can be considered self-care.

1 PHYSICAL

Sleep, stretching, physical activity, healthy eating and rest.

2 EMOTIONAL

Stress management, gratitude, acts of kindness, forgiveness and compassion.

3 SOCIAL

Personal boundaries, support systems, positive social media and spending time with loved ones.

4 SPIRITUAL

Time alone, space, yoga, meditation, mindfulness, connection and nature.

5 PERSONAL

Hobbies, self identity, doing the things that bring you enjoyment.

6 SPACE

Safety, organization, clean and tidy, security and stability.

7 WORK

Time management, work boundaries, break time and knowledge.

HABIT TRACKER

MONTH

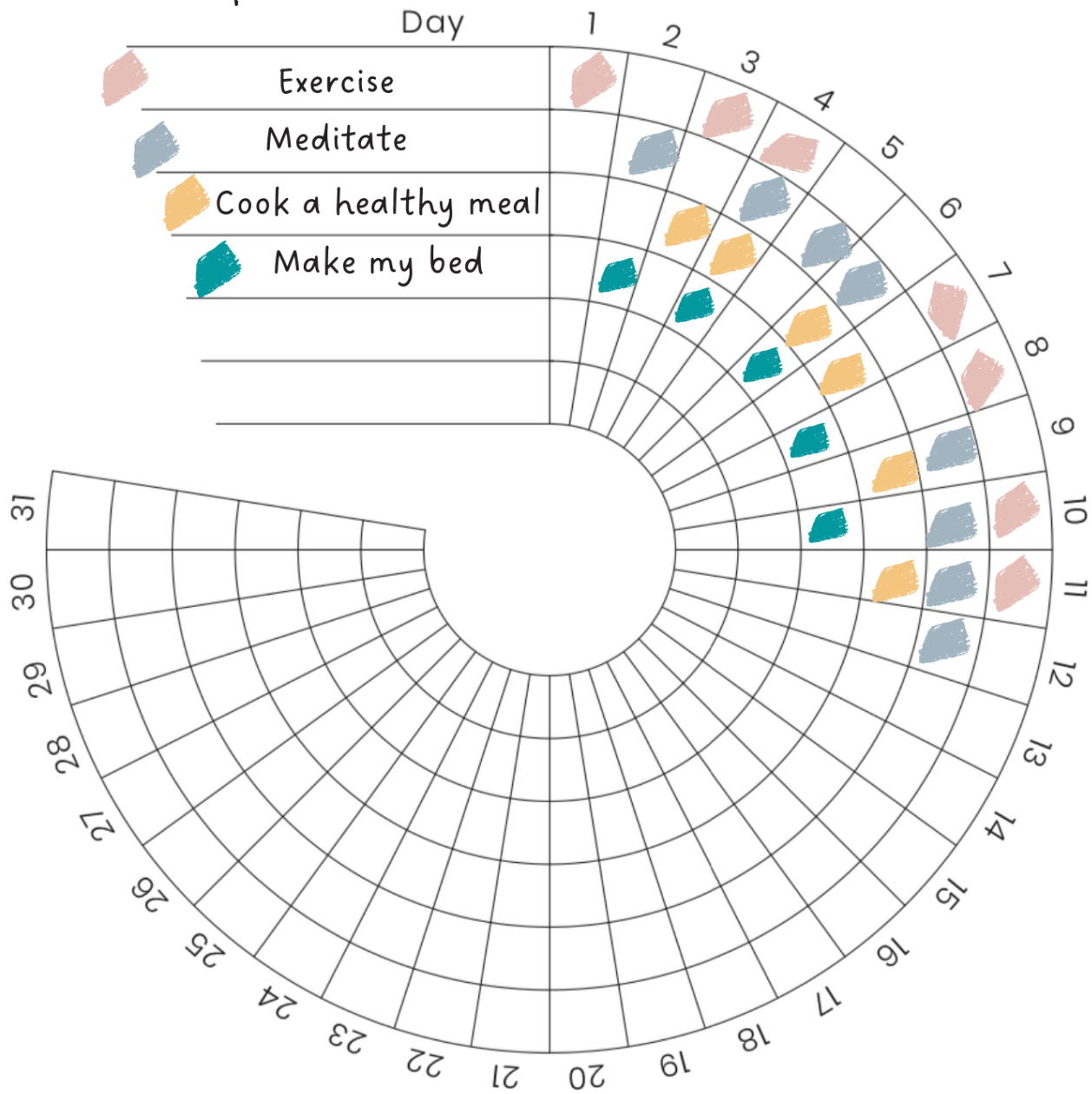
Day

The habit tracker is a circular grid. The outermost ring contains the days of the month, numbered 1 through 31, starting from the top and moving clockwise. The grid consists of several concentric rings, creating a grid of cells for tracking habits. The word 'Day' is written above the number 1. The grid is currently empty.

NOTES

EXAMPLE HABIT TRACKER

MONTH April

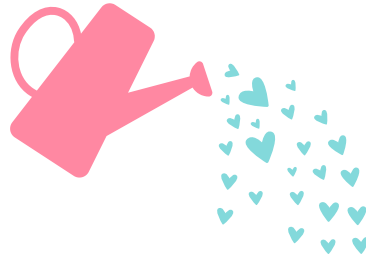


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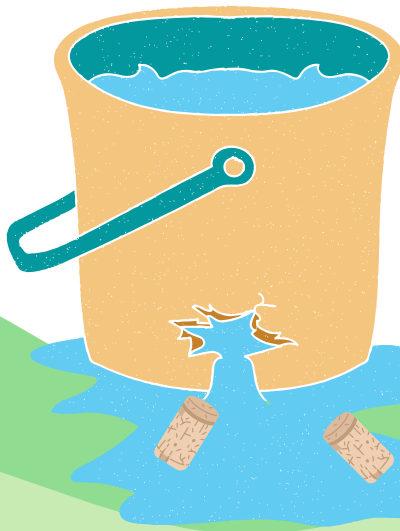


SELF-ESTEEM BUCKET

What makes you feel good
and fills your bucket?



What are your coping
skills that help mend
the holes in your
bucket?



What causes you to feel
bad about yourself and
causes holes in your
bucket?

WHAT FILLS YOUR BUCKET AND MAKES YOU FEEL GOOD ABOUT YOURSELF?

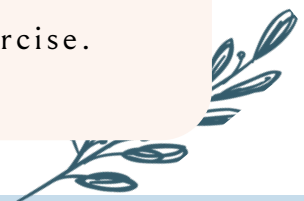
What do you do well? For example, exercise, helping someone, mastering a new skill, spending time with friends.

WHAT CAUSES HOLES IN YOUR BUCKET AND MAKES YOU FEEL BAD ABOUT YOURSELF?

For example, negative thinking, worrying, getting in trouble and stress.

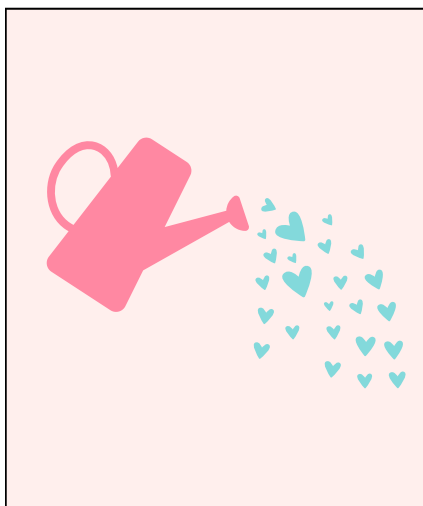
HEALTHY COPING SKILLS EXAMPLES:

Gratitude, mindfulness, self-care, socializing, sleep, exercise.

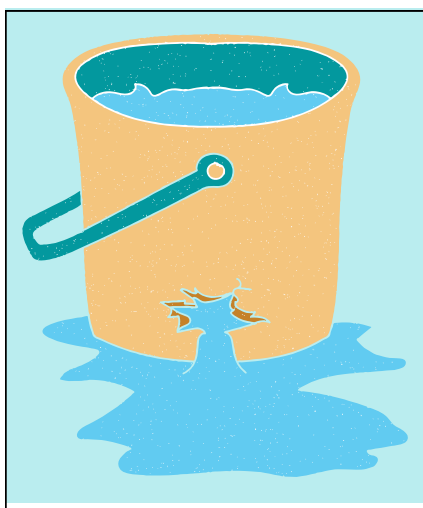




STRESS BUCKET



What fills your bucket?



What causes holes in your bucket?



Healthy coping skills



SELF-FORGIVENESS

Nobody is perfect, and we all make mistakes. However, making mistakes is what helps us learn and grow as individuals. Your self-esteem needs to let go of any negativity you are holding onto and forgive yourself to move forward in your life.

Could you list some things you must forgive yourself for and let go of?

