Journal Prompts: Self-Sabotage

1. What are some patterns in your life where you feel you might be self-sabotaging?
2. How do you react when things start to go well for you?
3. What fears might be contributing to your self-sabotage?
4. How do you talk to yourself when you make a mistake?
5. What would happen if you allowed yourself to succeed without holding yourself back?
6. Reflect on a time you broke free from self-sabotage. What did you learn from it?
7. How does self-doubt show up in your life, and how can you work through it?
8. When did you last let go of something that wasn't serving you?
9. What can you do today to prevent sabotaging your future success?
10. What beliefs about yourself need to change to stop self-sabotaging?