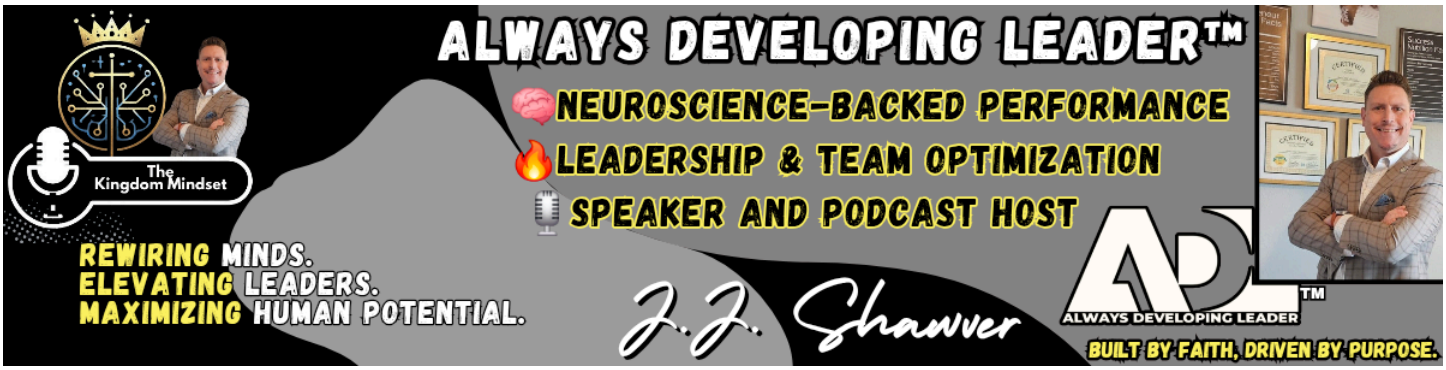

REWIRING SELF-SABOTAGE WORKSHEET

Companion to the Whiteboard Teaching:

'Why You Keep Sabotaging What You Prayed For'

J.J. Shawver – Kingdom Mindset + Neuroscience

Always Developing Leader™ | www.jjshawver.com | @jj.shawver

SECTION 1: The Blessing Barrier

→ Write down one answered prayer, opportunity, or breakthrough you've received in the last 1–2 years.

→ Then, describe how you felt once you had it. (Peaceful? Anxious? Uncomfortable? Defensive?)

Question:Did you find yourself pushing it away, minimizing it, or feeling like it was "too much"?

Why?

SECTION 2: Name the Sabotage Loop

Fill in the blanks with your most common internal loop:

- Trigger – "*When I feel* _____"

- Fear Response – "*I usually react by* _____"

- Behavior – "*Then I tend to* _____"

- Justification – "*I tell myself* _____"

- Shame – "*Later, I feel* _____"

SECTION 3: Identify the Stronghold

What's one belief or thought you've carried for years that sounds like truth but is rooted in trauma, fear, or past failure?

→ My Stronghold: _____

SECTION 4: The R.A.W.W. Method

- **R**ecognize the lie:

What do you say to yourself in hard moments that keeps you stuck?

- **A**lign with your future identity:

Who is the man/woman God says you are?

→ Identity Statement:"I am _____

_____

_____."

- **W**rite & **W**eaponize:

Scripture: _____

Daily Repetition Statement:

"I am no longer _____. I walk in _____because God's Word says _____."

SECTION 5: Rewire Plan – 30 Second Rehearsal

Next time the loop begins, what will you do in the first 30 seconds?

□ Breathe

□ Anchor with a verse

□ Speak truth out loud

□ Take one opposite action

→ "When I feel the pattern begin, I will _____ instead."

SECTION 6: Pray It In

"Lord, I recognize the patterns I've been stuck in. I know they've kept me from holding what You've placed in my life. Help me renew my mind. Help me see myself as You see me. I choose to release the lie that _____, and I receive Your truth that _____. Make me a vessel that can carry Your calling in full. In Jesus' name. Amen."