SELF SABOTAGE

HOW TO BANISH SELF DESTRUCTIVE BEHAVIORS

Worksheet
When you engage in self-sabotage, you prevent yourself from living a life that brings you joy, happiness, and the satisfaction that comes with working toward and achieving your goals.

Complete this worksheet to gain a better understanding of how you engage in self-defeating behaviors and discover methods to banish your self-sabotage forever.

1. **What does self-sabotage mean to you?**

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. **How can self-defeating behaviors affect your life?** What are the potential long-term effects? What happens over time?

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
3. **How do you self-sabotage?** Take a moment to think about the ways you may engage in these behaviors. Write them down here. For more writing space, use the back of this page.

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**SELF-SABOTAGE: HOW TO BANISH SELF-DESTRUCTIVE BEHAVIORS WORKSHEET**

4. **What patterns do you see?** For example, do you mostly do these things yourself in regard to your health? Your job? Your relationships? Make a note here of any patterns you’ve noticed.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

5. **What new ways will you respond in the future?** Now is the time to commit to behaving differently. For each behavior you listed in #4, jot down how you'll respond to those same situations to avoid self-sabotage in the future. Use the back of this worksheet if you run out of space here.

__________________________________________________________________________

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__________________________________________________________________________
6. **Share your commitment to stop self-sabotage.** Who can you talk to about your vow to end the self-defeating behaviors for good?

__________________________________________________________________________

__________________________________________________________________________

7. **Educate yourself.** Which books will you read to become more informed about your feelings, thoughts, and motives?

__________________________________________________________________________

__________________________________________________________________________

8. **Reinforce your efforts.** How will you reward yourself when you avoid self-sabotage? Circle all that apply.

Tell myself I'm doing a good job

Give myself an afternoon to do whatever I want

Write down my feelings

Share my progress with a confidante

Other: _________________________
9. **What will you do if you’re unable to stop self-sabotaging behaviors?**

   Call a counselor for help

   Contact a life coach for guidance

   Talk in-depth with a friend

   Read and study more self-help materials

   Other: _________________________

**Yes... it is possible to control your thoughts and actions!** With some effort on your part, you can develop insight into your self-sabotaging behaviors and stop them for good.

“*A person’s worst enemy can’t wish on him what he can think up himself.*”

--- *Yiddish Proverb*