

Stop Self Sabotaging Behaviors Worksheet

Armed with a better grasp of how and why some people have self-sabotaging thoughts and behaviors, you're ready to change. Overcoming self-sabotaging behaviors takes time and effort, but completing the following worksheet can help you. It will walk you through developing an understanding of your own unique case of self-sabotage, helping you find new ways of leaving self-sabotage behind.



1. How would you define self-sabotage? What does the concept mean to you?

2. How do you think self-sabotaging behaviors impact on your well-being?

For example, what are the short and long-term consequences?

3. How do you sabotage things in your life?

Give some in-depth thoughts about the particular behaviors you repeat, and the signs of self-sabotage you see in the way you act. Referring to the previous section can help, but remember that there may be other symptoms of self-sabotage.

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4. Can you identify any particular patterns?

For example, some people self-sabotage more in relationships than any other area, while others undermine themselves at work and not at home. In addition, look out for patterns. So, do you tend to avoid things to self-sabotage, or are you more prone to actively destroying them with rudeness or poor performance?

5. What can you do differently?

Writing down concrete goals can help you cultivate a practical, long-term plan for growth. Looking back at your answers to questions three and four, ask yourself what you can do differently in the situations you identified. Feel free to brainstorm as many possible solutions as you can think of, and then narrow them down in a review.

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6. How can you commit to ending your self-sabotage?

Ensuring accountability is a proven way to make yourself more likely to stick to new habits. So, who you can tell about your new commitment to a sabotage-free life? You might discuss it with a friend, partner, family member, colleague or combination of all of these. Try to check in with this person (or these people) regularly, discussing how your journey is progressing.

7. How can you learn more?

Try to think of some subjects on which you'd like to become better educated about self-sabotage. For example, perhaps you'd like to find some good literature on how childhood attachment behaviors influence adulthood. Alternatively, perhaps you'd like to keep your learning process a bit more personal, finding a therapist who can help you boost your self-knowledge and self-esteem.

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8. How can you reward yourself?

As you adopt new behaviors, remember to reward yourself so that you reinforce those behaviors. Some examples include giving yourself some time off to do whatever you'd like, telling others about your progress, congratulating yourself verbally, and buying yourself a treat of some kind.

9. What will you do when it's hard to stop self-sabotage?

Have a plan to follow in case you're struggling to put an end to your self-sabotage. Some examples to consider include calling a therapist, making contact with a life-coach, scheduling a meaningful chat with a close friend, writing in a journal.