

Self-sabotage

What are some of your self-sabotaging behaviors?

How have these behaviors affected your life? How have they affected your well-being?

What are some patterns that you notice?

Examples: I self-sabotage mostly at work; my self-sabotage often revolves around addictive behaviors (i.e. alcohol abuse, excessive spending)

Look at the behaviors you wrote down for question #1. For each behavior, write down some steps you can take to eliminate the behavior.

*You can write on the back if you run out of room

In the future, how might you respond if you notice you are self-sabotaging?

How do you feel about changing your self-sabotaging behaviors? Do you feel any reluctance?

Credits



Kimberly Geswein Fonts
-Thank you for the border!