

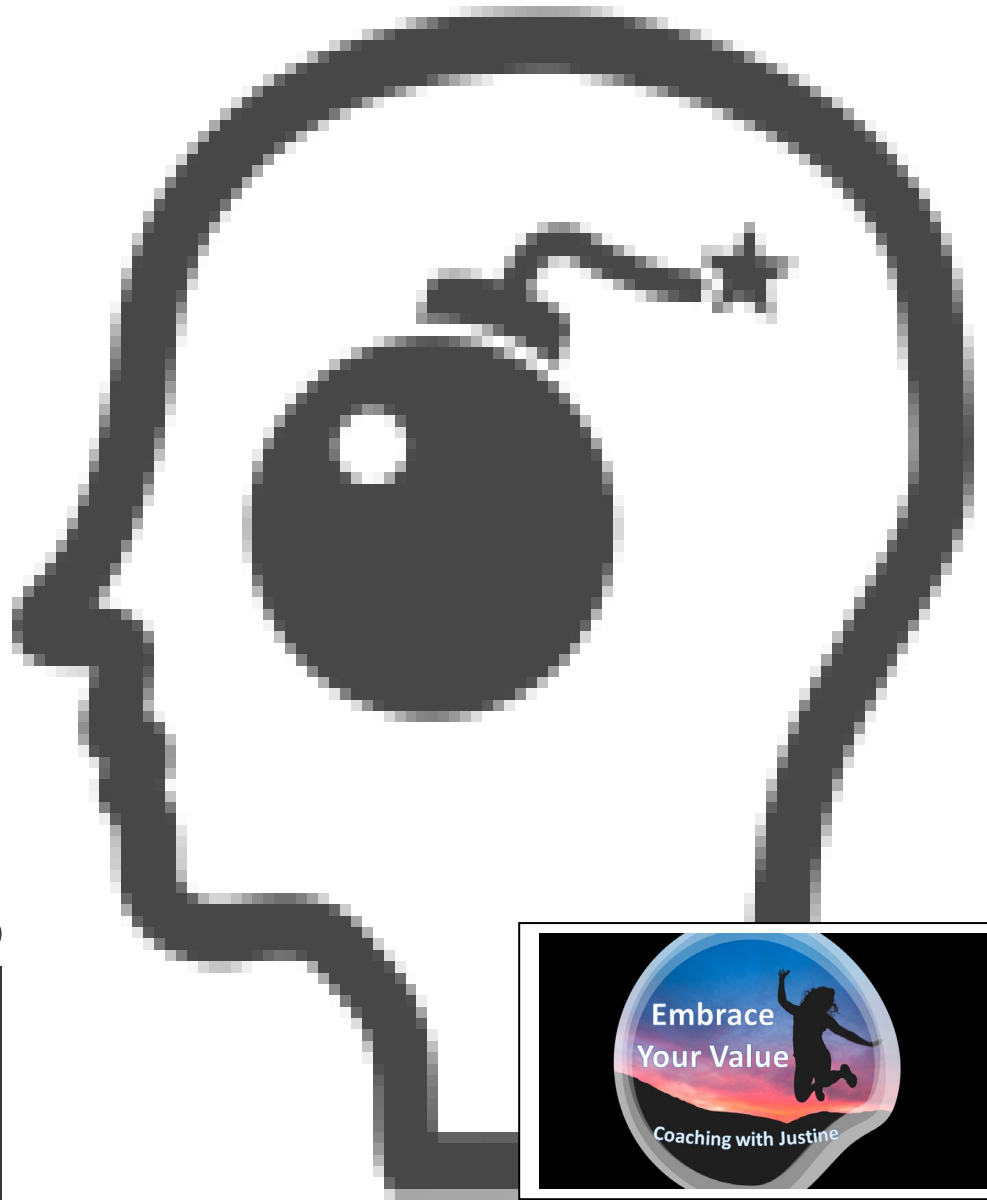
# SELF

# 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?**

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

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**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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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.

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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?

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

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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**

