How to Stop Self-Sabotaging



Live Larger

HOW-TO GUIDE

It's Time to Stop Undermining The Call of Your Soul...

Self-sabotage, as you probably know, is one of *the* most common causes of women not reaching their potential, goals and dreams.

Essentially, self-sabotage is about consciously or even unconsciously doing something negative that will prevent you from feeling the way you want to feel or creating what you want to create, or *not* doing something you know is good for you and aligned with what you want.

Either way, it is essentially about being out of alignment with what you know and say you want.

When it comes to stopping the self-sabotage, that is what this workbook is all about.

There may be many ways you are self-sabotaging right now, or it might just be one way that perhaps has been going on for a long time.

In any case, for the purpose of this workbook you will be choosing just one to focus on right now, and then I'll be guiding you through how to stop doing what you're doing that is hurting you or upsetting your best-laid plans.

Are you ready?

Then let's get started!

Karen

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Choose Your Habit

List below the different ways you know you are self-sabotaging right now.

To come up with the best and most accurate list, it will help you to consider what goals and dreams you are most focused on right now and the various ways you have been undermining yourself or the project.

Examples: eating foods that don't support the body/health you wish to create; spending money on things that aren't in alignment; putting energy into people/places/habits that are detracting from what you wish for yourself; unhelpful thinking or negative influences; not listening to your body or gut.

Now that you have your list, choose one to focus on for the purpose of this workshop. It might be the one that feels like the easiest one to address, the one where you feel you really need to apply yourself, the one where you have the greatest sense of urgency... You can choose any of the items from your list, but do be clear on your reason for choosing it.

The self-sabotaging behaviour I am choosing is...

My reason for choosing this is...

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Cost & Reward

Use the space below to write clearly how this self-sabotaging behaviour is negatively affecting you and your life right now. Take time with this. Be clear and specific and also, just as importantly, look for the ripple effect beyond the obvious immediate discomfort that you're aware of, and see where else and who else is being impacted negatively by this behaviour.

DOING

RIPPLE EFFECT

Now, imagine a 180 degree shift on this, and imagine that this self-sabotaging behaviour is no longer happening. You are now totally free of it. What are you doing instead and what results are you getting?

DOING

RESULTS

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Your Blocks

Now that you know the cost and reward, it's time to look at the block or blocks that may stand between your previous/current reality and the one where you are free of this behaviour.

So... What type of blocks are you dealing with? Real? Imaginary? Both?

What are you afraid of? When you consider releasing this self-sabotaging behaviour, what fear or fears come up for you?

It is vitally important that you are honest about all of your blocks - real or imaginary - and dig as deep as you need to. Sometimes the different things that show up can seem odd, unrelated or totally irrational. This doesn't matter. What matters is that you unearth ALL of the various blocks you have around leaving this behaviour behind and moving fully into your power and what you truly want.

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Working Through Your Blocks

Use this page and the pages that follow to work through each block, one at a time.

Block

What I tell myself about this (The exact words you use to yourself in your own head)

If I move beyond this, the worst that can happen is...

If I move beyond this, what gets to happen is...

What I need to do now to move beyond this...

Notes

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Block 2

Block

What I tell myself about this (The exact words you use to yourself in your own head)

If I move beyond this, the worst that can happen is...

If I move beyond this, what gets to happen is...

What I need to do now to move beyond this...

Notes

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Block 3

Block

What I tell myself about this (The exact words you use to yourself in your own head)

If I move beyond this, the worst that can happen is...

If I move beyond this, what gets to happen is...

What I need to do now to move beyond this...

Notes

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Block 1

Block

What I tell myself about this (The exact words you use to yourself in your own head)

If I move beyond this, the worst that can happen is...

If I move beyond this, what gets to happen is...

What I need to do now to move beyond this...

Notes

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Block 5

Block

What I tell myself about this (The exact words you use to yourself in your own head)

If I move beyond this, the worst that can happen is...

If I move beyond this, what gets to happen is...

What I need to do now to move beyond this...

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Completing Your Mission

At this point you are now clear on what's been holding you back and what your next step is with each block. For some of your blocks it might have been enough to just witness them fully and realise that they make no sense whatsoever, and as a result you are ready to let go of them quickly and easily without any real stress or effort. Maybe for others you need some additional help or support or guidance in order to fully release the block and move into full-blown alignment.

For any that need help, make it a priority to secure that help for yourself, whether it be via a ECLL Support Call or working with someone privately - whatever is required.

Your final step is to write out a "map" for yourself to move from where you are today to where you want to be.

To do this, refer back to what you wrote on page 3 (Cost & Reward). In the top left-hand box, enter a brief summary of what you wrote down within the top half of page 3, so you have a short but accurate summary of what the current behaviour is costing you. Then, in the bottom right-hand box repeat the process for the rewards that are waiting for you, based on what you wrote in the bottom half of page 3.

Once you've done that, decide on the steps you need to take to get from Cost to Reward and enter those in the following boxes in the correct order so that you can get from one to the other as easily and joyfully as possible. Here's to freedom!

COST

1

2

3

4

5

6

7

8

REWARD

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