

## Overcoming Self-Sabotage - HANDOUT

### Techniques for Letting Go of Old Patterns and Triggers of Self-Sabotage

**Choose one (or more) of the following methods every day to release old patterns** (the resistance that keeps you held to a particular story of shame, guilt, unworthiness, or powerlessness). When you release a painful emotion or a belief (or belief system) that produces some type of struggle, you predictably remove the primary core of stress. Stress is at the root of many different disease processes and can be a major factor causing discomfort of any kind.

**The below techniques help to activate the body's natural healing process** – easily bringing you to a happier state...

- **Appreciation.** Appreciation and love are identical states of being. Appreciation is the absence of resistance. When you start feeling down, try making a list of the things in your life that you appreciate and are thankful for. The longer your list the better. This activates a sense of well-being.
  - **Make a list of 5 things that you appreciate right now.**
  
- **Meditation.** When you relax and quiet your mind, your attention is turned away from what holds you in a state of anxiety and/or depression. It only takes 5-10 minutes a day of meditation to significantly improve your life. There are lots of different types of meditation, but one of the simplest forms is diverting your attention or focus to one of more peace. If you question where to start, a simple “Google” search will afford you tons of information. Let’s try a short one right now....
  - **“Letting Go” Meditation** - Close your eyes. Envision yourself with a handful of balloons. Each of the balloons represent your current thoughts or emotions that are rolling through your mind. Slowly release 1-2 balloons with each breath until all the balloons have lifted and you are completely free. Stay here for a moment and bask in the feeling of freedom.
  
- **Exercise: “Remove Self-Sabotage in Less than 5 minutes”.**

When we are in denial of how our own behavior affects our life, we blame others and blame situations. We blame our partner, our co-workers, and our family for the way we respond and react. When we come into recognition of how our behavior and attitude affects situations, we recognize and have advanced control over triggers that may have sabotaged us in the past. Triggers that may cause us to over-indulge with ourselves; eating too much, drinking too much, or not doing the things that will allow us to feel self-confident or strong.



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**Core Reason of Self-Sabotage: Denial** – When we are in denial we are in direct relationship with the emotions of guilt and shame. We don't recognize how our own actions are contributing to our relationships. But, when we get really honest, conjour up courage, and get to the core of the self-sabotage, we release those emotions and find a way out of the denial. It's like lifting the curtain and exposing the underlying pain or struggle. Once that's done – you no longer have to self-destruct because you know the reason for your behavior and know of it's purpose and you can give yourself exactly what you really need... whether it be love, acceptance, or compassion.

### Step by step Exercise:

- **Close your eyes. Relax**
- **Decide on area of area of change** (over-eating, eating unhealthily, or whatever it is that is not working for you)
- **Questions to ask yourself...**
  1. What is the reason you haven't obtained the change yet?
  2. What is the primary reason you haven't obtained your outcome?
  3. Is there someone else or something else you are blaming for your circumstance?
  4. How have you considered yourself a victim?
  5. How long or how often have you been sharing this story with yourself or others? How long have you been in this drama?
  6. What is the major fear that lies in this part of your life?
  7. What are you ashamed to admit?
  8. What has been being in denial allowed you not to change?
  9. What support could you ask for to pull yourself out of this pattern?
  10. When you could talk to them about support?
  11. How will you life be different with this new way of being?
- **Notes to self...**
  - Tell yourself it is safe to change
  - Share love, acceptance, and compassion with yourself.
- **Pen and paper:** Write down ideas that came to you during the short exercise.

*Exercise from D. Spellman, (2012).*

Resource:

D. Spellman, (2012). Detox Your Mind TV, [www.detoxyourmind.com.au](http://www.detoxyourmind.com.au). "Remove Self-Sabotage in Less than 5 Minutes". <https://www.youtube.com/watch?v=lvDRC18xK8A>

