



Recognizing Self-Sabotage

Learning to get out of your own way. I want to congratulate you on taking the first step toward changing your future! This decision alone has already begun to redirect your life's path. I believe you made the choice to move forward with me because you have experienced a sense of clarity in this conversation, the belief that you really can change your life by shifting your habits. After hearing what has been described to you it feels as clear as the nose on your face, speaking to you deeply from your heart all the way to your toes. Isn't it nice to finally feel that someone REALLY understands what you are going through? It's like you can see a light at the end of the tunnel and can believe there is hope again.

That being said, I want to prepare you for what comes next. Not long after you make a commitment that feels really good, speaks to your soul, and has the potential to dramatically change the quality of your life, *it will activate every fear, doubt, craving and insecurity that you can possibly come up with.* Then, you will notice that you start to second-guess what you were so sure of just moments earlier. Shortly after, your mind-chatter and self-doubt (what I like to refer to as “the town idiots”) come crashing in to “try and protect you”—HA! Believe me, that is the furthest thing from the truth. In actuality, your dreams and goals are not what are being protected...the EGO is trying to trip you and take you out of the game. I refer to **EGO** as **Edging Growth Out**.

Fear is the body's natural alarm system designed to keep you safe. If you are being chased by a mountain lion, you need that warning. However, the EGO creates a sense of panic that we are alone left to figure things out all by ourselves. This **FEAR (False Evidence Appearing Real)** happens when we are disconnected from the truth of who we really are and will do its best to keep you “safe,” even from growing because you are entering unknown territory. When we decide to improve whether physically, mentally or spiritually this panic will get activated. What I am describing is a what I like to refer to as spiritual attack, which leads to self-sabotage, where your decisions are dictated by fear. This ego-based *fear* can really sink its hooks in you and does not want to lose control or let go.

I want to give you this warning because fear is often, what derails people before they even begin. Overcoming these attacks begins with awareness, and this mindfulness is what makes the difference between success and failure. The first thing you need to

know, is that *there is nothing wrong with you!* *You are not crazy,* and **YOU ARE NOT ALONE!** But it sure can feel that way sometimes...

Happiness and success are NOT out of reach, or only available to everyone except you. And YES, true happiness is something that can be obtained. It has nothing to do with being born into a certain family or living a certain lifestyle, or because someone else deserves it any more than you do. The difference is that in having the awareness, you can actually co-create your experiences using these principles. Those who have already done so have learned manage these attacks and make grounded decisions rather than simply operating on a default or auto-pilot setting. Imagine having a life that makes you want to celebrate waking up and starting everyday...perhaps for the very first time.

You may also experience an attack from the people closest to you. They think they are looking out for your best interest, and I am not saying that they do not mean well, but either they may not see anything wrong with your life and try to discourage you from changing or they are looking at your experience through their own filters of woundedness and lack and reacting from that fear based mindset.

There are many reasons you will experience resistance from these people in your life:

- They may tell you that doing this work together is a waste of money, or that the tools and practices won't work (even when they do not have a full understanding of them through this kind of experience). This deep work may be out of the scope of their awareness at this point in time.
- As you shift, it will take some readjustment for those around you, especially when you start to make your needs and goals a top priority. It may even be perceived as a small threat (even a little selfish), as it will signal others to take more responsibility for their own lives as well.
- Loved ones may resist change or your wanting to grow because they may not understand your vision. Therefore, as you grow, gaining confidence and autonomy, they will notice you pulling back from your old ways of people pleasing. This can bring up feelings of fear or a loss of control.
- Many people are afraid of change because the unknown is scary. You will find that the decisions they make in their life (as well as the guidance they offer) may be coming from a place of fear rather than faith and expansion.

Remember, we cannot be in fear and faith at the same time: we choose to be in one or the other. All the feeling of fear and discomfort that may show up can be worked through with the important people in your life. I will guide you toward creating win/win situations for everyone involved, which will bring more balance into your life. You may also notice that there are some people currently in your life that will no longer be in alignment with supporting your goals and dreams. As you continue to stay true to your goals, you will naturally start to gain clarity on what relationships allow you to

thrive and which no longer support you on your path. When we stay focused and true to what brings us joy and in full expressions of who we are, those relationships that are not meant to stay on this journey with you tend to dissolve on their own. Overall, I have found that the best thing is to refrain from sharing too much with others unless they are on the same path, at least until you are using the tools and seeing results.

Another kind of attack you may experience is fooling yourself into believing that you have mastered this because you are familiar with the concepts. You may be telling yourself, *"I already know this,"* or *"I'm good, I've got it from here."* This occurs when we start to believe we have arrived at our new destination after experiencing the elation of our first accomplishment. We can become overly confident way before we have fully mastered these skills but, retraining old habits and belief systems is actually a process of shifting your consciousness. By doing this work together, it does not take nearly as long to bring about positive change as it did to form these unwanted behaviors, but it is surely not something you do one-time and have it all figured out. I invite you to stick with the program and not give into the invitation to self-sabotage things by disengaging way before you are ready.

Ways in which self-sabotage shows up:

- People pleasing
 - a. Making others sense of urgency your emergency.
 - b. Putting others needs before your own.
 - c. C. Putting yourself in compromised positions.
 - d. Giving in to distractions.
 - e. Going against your core values and what you believe to be right.
- Perfectionism
 - a) Setting yourself up fail by setting unrealistic goals.
 - b) Stretching out the goal as soon as you get ready to reach them.
 - c) Set standards for yourself that are higher than you set for others.
 - d) Unwilling to accept a compliment.
- Addiction to struggle by creating drama;
 - a) Going back on your word and breaking your agreements.
 - b) Pushing away people and things that you know are good for you.
 - c) Doing things that you know are bad for you and will regret later.
 - d) Ignoring your intuition/red flags/gut feeling and doing the opposite.
 - e) Make excuses and placing blame rather than taking responsibility for actions.
 - f) Chooses anger and frustration to avoid vulnerable feelings.
 - g) Ignore consequences.

- h) Breaking rules and acting rebellious.
 - i) Insists on repeating the same mistakes over and over.
 - j) Procrastinating.
 - k) Making passive aggressive or sarcastic comments instead of saying how you really feel.
- Over confidence or arrogance
 - a) Having the “I already know that” /cup is already full approach which leaves no room to learn something new.
 - b) Acting as if you have mastered something you just learned.

Self-sabotage is a rabbit hole we all fall into to one degree or another. It's how you got here in the first place...

When self-sabotage is in the forefront you may find yourself:

- Overworking, taking on way too much and making mistakes.
- In constant defense- feeling challenged by family, friends, co-workers, clients and colleagues.
- Trying to make everyone happy and left feeling frustrated and exhausted.
- Avoiding emails, paying bills on time and follow up.
- Often finding yourself apologizing or defending yourself.
- Losing confidence.
- Suffering from Anxiety, Depression, Insomnia or Addiction
- Turning to medication or self-medicating (with a few drinks or other substances, overindulge in unhealthy food, caffeine and sugar, binge in front of the TV/video games/computer, watch porn or overspending).
- Shutting down and closing off from their family members and the important people in their lives
- Having an affair or going through a divorce
- Experiencing health challenges: (HBP, heart disease, ulcers, etc.)
- Paying penalties and additional fees, as well as, investing more time repairing mistakes.
- A sense of apathy, resentment and a loss of compassion.
- Feeling misunderstood, angry, hopeless, cynical and/or overwhelmed

Can you relate to any of these?

The good news is this whole program is designed to help you recognize when you are in self-sabotage, what causes you to self- sabotage and how to break those destructive patterns and create better habits.

There are 3 things you will need to get started:

- 1) **Courage:** The courage to take the first step, no matter how small, is your first success. You have already taken the step required to leave your comfort zone and do things that you have never tried before. This is the first step in being vulnerable and transparent, and the willingness to try things that others may not fully understand. I want you to know that you are extremely courageous!
- 2) **Commitment:** It is easy to commit to your dreams when you are inspired, when everything is so clear and makes complete sense. You may then understand and happily agree to all the terms set before you because you recognize that they are in complete alignment with your goals.

It is a different story when we are in spiritual attack, because those “town idiots™” are very convincing. Your word must be your bond. When you make this commitment to **YOUR** future, you do at a time when you are *not* “under attack.” You know you are under attack, when you feel the need to hide out because you are feeling scared, tired, and everything in your body is trying to talk you out of continuing this journey.

But remember that not only are you committing to your goals and personal development, you are also committing to keeping your appointments, even when things show up to distract you. It is crucial to make yourself the top priority and to stop putting everything else first. Commitment is not always convenient, and although the things that are required for growth usually feel inconvenient, they are necessary for true advancement.

There will be times that you are being very rough on yourself, and I will advocate for that child inside, reminding you to re-pattern your habits toward actions of self-love. Alternately, while I am teaching you about taking personal responsibility, you may experience discomfort while transitioning from your old thought processes, especially the ego. Either way, please do not confuse my compassion, understanding and kindness as a free pass to self-sabotage. I say this because you may confuse old feelings of enabling behavior that may have occurred in the past as a way to get off the hook from going deeper, because it can be scary at times. The work we will be doing is quite the opposite of our typical way of thinking and that which keeps us stuck. Therefore, in order to have a complete sense of freedom in your life it will require your willingness to take full responsibility for your actions, as well as your non-actions...with no more excuses. I ask that you be honest and share your struggles; even if you disagree with something I have said, please bring it out into the open rather than hide it. This work will undoubtedly challenge the ego. I ask that you trust this process by listening to the body’s cues, which I will teach you. *This system works for those who stays committed.*

3) **Consistency:** Changing the direction of your path takes daily progress and a supportive, like-minded support system to help keep your focus and inspiration alive. Sporadic, inconsistent movements don't have the opportunity to gain long-term momentum. A person can be brilliant, enthusiastic, and inspired, but without consistent movement in the direction of your goals, your energy will fizzle and lose power.

A life of unhappiness or boredom can manifest into anxiety, depression, insomnia, addiction, over-eating, a job you hate, or stressful relationships. To shift from this state to an extraordinary life where all your senses come alive will require shifting your focus and intention on these three ingredients: courage, commitment, and consistency. Just remember that when you are struggling, even small baby steps keep you moving forward.

I want you to picture yourself a year from now and imagine that you are still struggling with the exact same problems you're facing right now. Would you be happy? We already know the answer to that, or you would be having this conversation. The things that are already falling apart are likely to seep into other areas of life, causing chaos- like a domino effect. How long do you think that might take to repair?

Now, reflect on where you were a year ago. Compare that to how things are affecting you today. Have they worsened? What was it that caused you to hit a wall?

Truly examine your F.E.A.R. These old patterns have us believing it is extremely difficult to make changes so often we just end up feeling stuck and overwhelmed. If you were to compare it to how much unhappiness you're struggling with, it may leave you feeling hopeless. But the truth is that **FEAR** (**F**alse **E**vidence **A**ppearing **R**eal) is all just an illusion. As a matter of fact, the moment you make the decision to change the course of your path, you will find that things will immediately start to shift toward a new direction.

Do you beat yourself up when you don't follow through with staying committed to your goals? Do you find that you experience failure over and over again? Now imagine that the size of the proverbial bat all too often you beat yourself up with is growing on a daily basis. Think about how big the bat will grow after a year, if instead of sticking with this you turned back to your old life out of fear (especially with the knowledge that there was a missed opportunity for change).

Don't let the spiritual attack and distractions fool you into believing that it is impossible for **YOU**. Trust me, I have been there. I have hit bottom so many times that I know it intimately. I have also known friends and colleagues who felt swallowed by pain and couldn't find their way out and took their own lives. Thankfully, my vision for something better, along with my faith and willingness to move out of the way, allowed my inspiration to pull me forward every step of the way, despite self-defeating thoughts many failed attempts.

It was my purpose, guiding me out of darkness and confusion into a deeper sense of clarity and insight. Today I am able to guide others on their own journey of self-

discovery. This insight did not develop within me overnight, it took decades to unfold, layer by layer. Don't let that discourage you from beginning because it is still forward movement pointing you in the direction of your goals and dreams.

A client recently said, "I wish I could borrow your glasses to see my way out of the confusion that keeps me stuck." *If it were only that easy.* I assured her that all the tools in this program were developed and tested through my personal experience and compiled into a complete step-by-step system that *works*. It's as though I am your guide, holding the flashlight and roadmap and all she needed to do was be willing to take one step at a time.

The assignments I ask you to do may seem trivial or even a little unusual. Your "town idiots," mind chatter, or friends and family might try to convince you that the assignments are not relevant to what you are struggling with. They will try to make you believe that there is no way these tools will make a difference and are therefore a waste of time. You may even tell yourself that you've tried similar things and they didn't work.

One last thing, I don't know about you, but I (and many of my clients) tend to have a bit of a rebellious streak and don't always follow the rules. Can you relate? We tend to consider ourselves rebels because we don't always subscribe to "the herd mentality," and that's great! But be aware that rebellion is a double-edged sword. When you find yourself fighting against **your** set goals, it is not your free-spirited and rebellious nature, it is *self-sabotage* in disguise.

Okay, now that we got all of that out of the way, are you ready to begin? If so, sign below.

I, _____ agree to get out of my own way and let myself be guided to create the life I truly desire and deserve.

Printed name	Signature	Date
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Take a moment and reflect on the things that you have talked yourself out of due to fear and doubt and write them down.

Have you turned away from teachers or mentors because your inner critics passed judgement and made it hard to listen to (or be around them) any longer? Describe.

Have you enrolled in a program or practice, but once the self-doubt and distractions showed up, you decided not to continue? Do you dismiss things that you may have read about or tried once and haven't really put into daily/regular practice? Or have you learned about a practice (such as yoga or meditation) in theory, but never really gave it a chance? Describe.

When you see others achieving positive results in their life, be honest... How does it make you feel? What goes through your head? What stories do you tell yourself?
