

Understanding Self-Sabotage



The unconscious patterns keeping you playing small

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About This Session

Self-sabotage is self-protection in disguise. This session explores the archetypes, love languages, and logical levels beneath your self-limiting patterns so you can transform them from the inside out.

Understanding Self-Sabotage

Self-sabotage is not self-destruction. It is self-protection. Understanding the archetype beneath the behaviour is the key to transforming it.

My Self-Sabotage Patterns

Describe 3-5 recurring ways you self-sabotage (e.g. procrastinating on important work, pushing people away when close, overeating when stressed).

My Love Language: Self-Love Edition

My primary love language is _____. Here is how I will begin showing myself love in this language:

NLP Logical Levels Self-Enquiry

Explore who you are at each level to understand where change will have the most impact.

Environment: Where and when do I sabotage? What surroundings trigger it?

Behaviour: What do I actually do when I sabotage?

Capabilities: What skills or resources am I not using or not aware I have?

Beliefs and Values: What do I believe about myself that keeps this pattern in place?

Identity: Who do I think I am? (e.g. "I am someone who can't get it together")

Purpose: What is my deeper purpose? How does this pattern conflict with it?

Shadow Integration

What aspect of yourself that you have rejected, suppressed, or felt ashamed of could become a source of strength if you integrated it?

Reflection Questions

1. Which self-sabotage pattern costs you the most? In what areas of your life?

2. What payoff (even an unconscious one) do you get from the self-sabotage?

3. At the identity level, who do you need to start becoming to leave this pattern behind?

4. What support do you need to make this change? Who or what can help?

My Notes
