

GOOD MENTAL HEALTH

YOU KNOW YOU WANT IT.

How to Stop Self-Sabotage: 5 Step Process

Step 1: Intentional Reflection- Your resistance or inability to pursue your creative path is rooted in a past experience or experiences that have taught you it was unsafe to do so. Spend some time with this knowledge. Do some intentional self-reflection with the desire to identify past wounds. Start a healing journal to write down your observations. Punch holes in this form and create a 3-ring healing binder if you wish! As long as you give yourself a safe space to reflect and write down what you discover.

Step 2: Identify Where Your Sabotaging Feelings Originate:

First time I remember feeling: age, memory, grade in school	Circumstances or Event Who was I with? What happened? What was the outcome?	Was I able to express my emotions? How were they received? Where in my body do I continue to feel that emotion now, if at all?
Anxiety		
Shame		
Fear		
Embarrassment		
Intense Anger		
Intense Sadness		

Step 3 & 4: Identify Goals and Connect to Past Wounds

Goals I want to achieve but resist:	How do I feel when I think about accomplishing this goal?	What was the originating wound that caused me to feel a similar way?	How does this wound still affect me today?
Goal 1-			
Goal 2-			
Goal 3-			
Goal 4-			
Goal 5-			

Step 5: Desensitize Slowly

	What is one tiny step I could take today to confront my fear and move in the direction of my dream?
Goal 1-	
Goal 2-	
Goal 3-	
Goal 4-	
Goal 5-	