

SELF *Sabotage*



WHAT IS SELF SABOTAGE?



Self-sabotage refers to behaviors, thoughts, or actions that hinder an individual's progress, success, or well-being. It's when someone consciously or unconsciously undermines their own goals and interests, often resulting in negative consequences. Self-sabotage can manifest in various areas of life, such as relationships, career, health, and personal development. Understanding why self-sabotage happens requires considering several factors:

FEAR OF FAILURE:

Avoiding actions or procrastinating due to a fear of not meeting expectations.

FEAR OF SUCCESS:

Undermining efforts to avoid perceived negative consequences of success.

NEGATIVE SELF-TALK:

Consistently criticizing or doubting oneself, leading to self-sabotaging actions.

LOW SELF-ESTEEM AND SELF-WORTH:

Engaging in self-destructive behaviors because of a belief in personal unworthiness.

PAST TRAUMA OR EXPERIENCES:

Unresolved issues and emotional patterns from the past contributing to self-sabotage.

LACK OF SELF-AWARENESS:

Engaging in self-sabotage without realizing it or understanding the underlying causes.

UNHEALTHY COPING MECHANISMS:

Using destructive behaviors to manage stress, anxiety, or emotional challenges.

SELF - SABOTAGE

THE CYCLE OF SELF - SABOTAGE

The cycle of self-sabotage typically involves several stages, and it can become a repeating pattern if not addressed. Here are the key stages in the cycle of self-sabotage:



Breaking the cycle of self-sabotage typically requires self-awareness to recognize the triggers, negative thoughts, and self-sabotaging behaviors. Additionally, it involves developing healthier coping mechanisms, improving self-esteem and self-compassion, and seeking support through therapy or self-help techniques to address the underlying issues that contribute to self-sabotage.

SELF - SABOTAGE

SELF SABOTAGE VS SELF PERSERVATION

DEFINITION



Self-sabotage refers to the act of hindering or undermining one's own progress, goals, or well-being, often unintentionally. It involves behaviors, thoughts, or actions that lead to negative consequences for oneself.

MOTIVATION



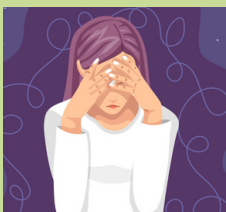
Self-sabotage typically stems from factors like fear, self-doubt, low self-esteem, or unresolved emotional issues. It often arises from a lack of self-awareness about these underlying factors.

EXAMPLES



Procrastination, self-criticism, perfectionism, self-sabotaging relationships, or undermining one's own achievements are common examples of self-sabotage.

OUTCOME

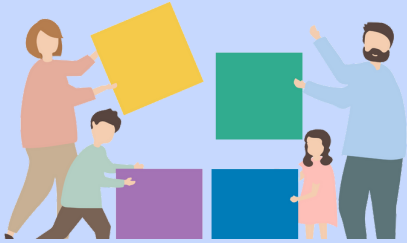


Self-sabotage can result in missed opportunities, damaged relationships, unfulfilled potential, and feelings of regret and frustration.

SELF-PRESERVATION

SELF SABOTAGE VS SELF PERSERVATION

DEFINITION



Self-preservation involves actions and behaviors aimed at protecting and ensuring one's own well-being, safety, and interests. It is a natural instinct to safeguard oneself from harm.

MOTIVATION



Self-preservation is motivated by the desire for self-care, safety, and personal growth. It arises from a healthy understanding of one's needs and boundaries.

EXAMPLES



Maintaining a balanced diet and exercise routine for good health, setting and achieving career goals, avoiding harmful situations, and seeking support during challenging times are examples of self-preservation.

OUTCOME



Self-preservation generally leads to improved physical and emotional well-being, personal growth, and the protection of one's own interests.

SELF-SABOTAGE

WHAT IT LOOK LIKE?



Saying "YES" when you actually want to say no.



Running away when things don't go as planned.



Never taking breaks even when you are exhausted.



Being too hard on yourself.



Taking more responsibilities than you can handle.



Procrastinating and negative thinking.

Recognizing self-sabotage is the first step toward addressing and overcoming it. It often involves identifying the underlying beliefs, fears, or thought patterns that drive these behaviors and then taking proactive steps to change them. This may include seeking therapy, practicing self-compassion, setting realistic goals, and developing healthier coping mechanisms.