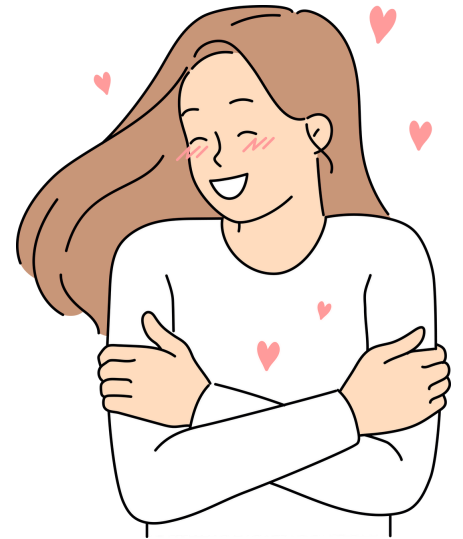# SELF-SABOTAGE

THERAPY WORKSHEETS

SELF-SABOTAGE THERAPY WORKSHEETS

DEFINITION OF SELF-SABOTAGE

Self-sabotage refers to behaviors, thoughts, and patterns that individuals unconsciously or consciously engage in, which hinder their success, personal growth, or well-being. These actions or beliefs often conflict with a person's goals, values, or long-term desires, resulting in behaviors that limit progress or undermine positive outcomes. Although these patterns may arise from various factors, including fear, low self-esteem, or past negative experiences, self-sabotaging behaviors ultimately act as obstacles to achieving one's full potential.

Self-sabotage can manifest in many ways, such as procrastination, perfectionism, negative self-talk, or avoidance of responsibilities. For example, someone aiming for career advancement might continually delay important projects or neglect opportunities due to a fear of failure or fear of judgment. Often, these behaviors are driven by underlying psychological mechanisms, such as limiting beliefs, anxiety, or unresolved emotional pain. By recognizing and addressing these behaviors, individuals can replace them with constructive strategies that align with their goals and values.

COMMON CAUSES AND TRIGGERS

Self-sabotage often stems from deep-seated psychological and emotional factors that interfere with one's goals and well-being. Recognizing these causes and triggers can be instrumental in breaking the cycle of self-sabotaging behaviors.

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- Here are some of the most common:

1. LOW SELF-ESTEEM AND SELF-WORTH:

- When individuals feel unworthy or incapable, they may engage in behaviors that confirm these beliefs, consciously or unconsciously limiting their success. This low self-worth can be a result of past experiences, such as negative feedback, criticism, or trauma, leading to self-doubt and self-limiting beliefs.

2. FEAR OF FAILURE:

- The fear of failing can cause people to avoid taking risks or pursuing new opportunities, leading to procrastination, avoidance, or even perfectionism. This fear is often rooted in experiences where failure led to negative consequences or judgment, making failure feel intolerable or dangerous.

3. FEAR OF SUCCESS:

- Surprisingly, the possibility of success can be just as daunting as the fear of failure. Success often brings change, responsibility, and visibility, which can feel overwhelming. For some, achieving success may conflict with their current identity or provoke fears of rejection by peers, leading them to unconsciously undermine their progress.

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4. NEGATIVE SELF-TALK AND INNER CRITIC:

- Persistent negative self-talk or a harsh inner critic can sabotage confidence and motivation. Individuals may internalize negative statements they have heard from others or have developed a critical self-dialogue that convinces them they are not "good enough," reinforcing self-sabotaging actions.

5. PERFECTIONISM:

- Perfectionism creates an unattainable standard, leading individuals to abandon tasks they cannot complete perfectly or avoid them entirely out of fear they won't measure up. This mindset can lead to procrastination, burnout, and reduced productivity, undermining the pursuit of personal and professional goals.

6. UNRESOLVED TRAUMA OR EMOTIONAL PAIN:

- Traumatic experiences or unresolved emotional pain can drive self-sabotaging behaviors as a coping mechanism.
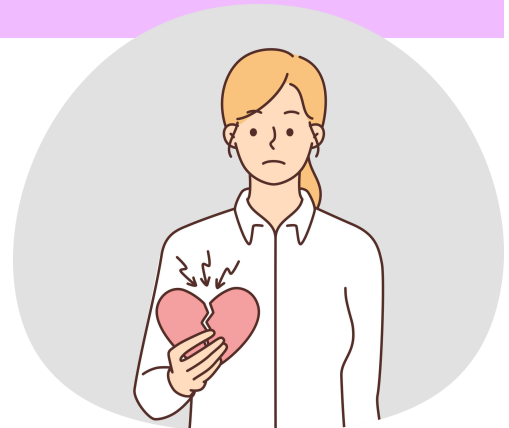
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These individuals may engage in self-destructive habits as a means to avoid confronting painful memories or feelings. Without addressing underlying trauma, these behaviors may persist, as they act as barriers to emotional healing.

7. NEED FOR CONTROL:

- Some individuals feel a need to control outcomes or environments, which can lead them to avoid risks or situations where they feel vulnerable. This desire for control may cause them to resist change or avoid taking steps that could disrupt their sense of safety, even if it limits their growth.

8. UNCLEAR GOALS OR LACK OF DIRECTION:

- When goals are vague or lack meaning, individuals may find it difficult to remain motivated or committed. Without clear objectives, people may drift into self-sabotaging habits due to a lack of structure or purpose, leading to stagnation and unfulfilled potential.

Understanding these common causes and triggers can be the first step toward change, as it helps individuals become aware of the root issues that contribute to their self-sabotaging behaviors. By addressing these underlying causes in therapy, people can develop healthier coping strategies, cultivate self-compassion, and build resilience to create lasting, positive change.

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IMPORTANCE OF ADDRESSING SELF-SABOTAGING BEHAVIORS

Addressing self-sabotaging behaviors is crucial for personal development, emotional well-being, and achieving one's full potential. These behaviors, often ingrained through years of negative thinking patterns, emotional pain, or limiting beliefs, act as significant barriers to success, fulfillment, and self-esteem. Tackling self-sabotage in a therapeutic setting provides individuals with the tools to break free from these destructive cycles and establish healthier, goal-oriented habits.

KEY BENEFITS OF ADDRESSING SELF-SABOTAGING BEHAVIORS

- **IMPROVED SELF-AWARENESS AND INSIGHT**

Recognizing self-sabotaging behaviors helps individuals develop a deeper understanding of their triggers, fears, and underlying motivations. Increased self-awareness is essential for identifying the thoughts and emotions driving these behaviors, providing a foundation for targeted personal growth and transformation.

- **ENHANCED MENTAL HEALTH AND EMOTIONAL WELL-BEING**

Self-sabotage can perpetuate feelings of anxiety, stress, guilt, and shame. By addressing these behaviors,

Self-sabotage Therapy worksheets

individuals can reduce these negative emotional states, fostering improved mental health and a more positive outlook on life. The reduction of inner conflict also enhances emotional stability and resilience.

- **ACHIEVEMENT OF PERSONAL AND PROFESSIONAL GOALS**

Self-sabotaging actions often derail progress toward important life goals. By addressing these behaviors, individuals can overcome obstacles to goal achievement and begin to make consistent, meaningful strides toward their ambitions. This often leads to greater career advancement, healthier relationships, and increased financial stability.

- **STRENGTHENED SELF-ESTEEM AND SELF-WORTH**

Addressing self-sabotage allows individuals to replace self-defeating thoughts with constructive, empowering beliefs. This transformation fosters a healthier sense of self-worth and confidence, as individuals learn to trust their abilities and believe they are deserving of success and happiness.

- **DEVELOPMENT OF HEALTHIER COPING MECHANISMS**

Many self-sabotaging behaviors are maladaptive coping mechanisms that serve as temporary escapes from emotional discomfort. By working through these behaviors, individuals can adopt healthier strategies for managing stress, fear, and negative emotions, ultimately promoting emotional growth and resilience.

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- **BETTER RELATIONSHIPS AND SOCIAL CONNECTIONS**

Self-sabotage often impacts interpersonal relationships, leading to patterns like avoidance, passive-aggressive behavior, or fear of intimacy. Addressing these behaviors allows individuals to build stronger, more genuine connections with others by improving communication, trust, and self-confidence.

- **LONG-TERM PERSONAL GROWTH AND FULFILLMENT**

Ultimately, working through self-sabotaging behaviors allows individuals to live in alignment with their true values and aspirations. By overcoming these obstacles, people can lead more fulfilling lives, grounded in purpose, integrity, and self-respect.

SUMMARY

Addressing self-sabotaging behaviors is a vital step for anyone seeking personal and professional growth. By bringing these behaviors to light and working to replace them with healthier, constructive habits, individuals can unlock a greater sense of purpose, achieve their goals, and cultivate a life rooted in self-compassion and self-efficacy.
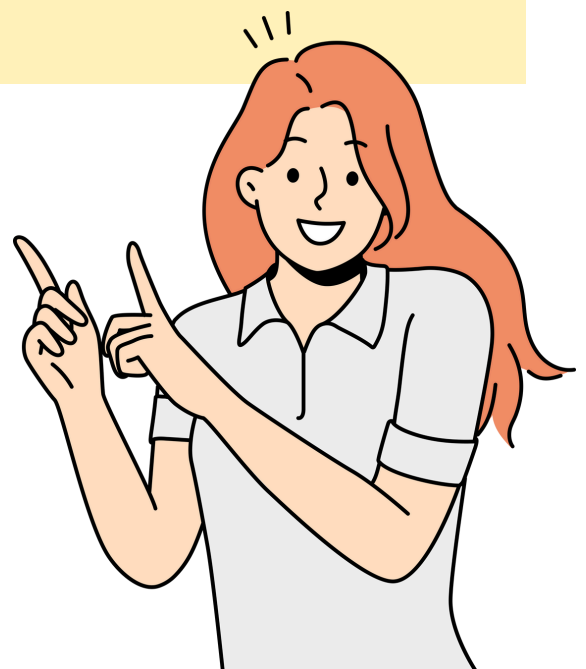
MY SELF-SABOTAGING BEHAVIORS WORKSHEET

OBJECTIVE:

To identify and understand self-sabotaging behaviors, their triggers, and create actionable steps to overcome them.

SECTION 1: UNDERSTANDING SELF-SABOTAGE:

Definition: Self-sabotage is a pattern of behaviors, thoughts, or emotions that undermine one's own goals and well-being, often unconsciously. It involves actions that, while appearing counterproductive, are frequently rooted in deep-seated fears, unresolved past experiences, or self-doubt. By engaging in behaviors like procrastination, self-criticism, or overcommitting, individuals unintentionally block their own success, comfort, or happiness. Understanding self-sabotage means recognizing these patterns and the underlying reasons behind them, which is essential for breaking the cycle and fostering personal growth, healthier relationships, and goal attainment.

SECTION 2: IDENTIFYING MY SELF-SABOTAGING BEHAVIORS:

Instructions: Reflect on your life and identify at least three self-sabotaging behaviors you have noticed.

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Self-Sabotaging Behavior	Description	Frequency (Rarely, Sometimes, Often)

SECTION 3: TRIGGERS OF MY SELF-SABOTAGING BEHAVIORS:

Instructions: Think about the situations or feelings that lead to your self-sabotaging behaviors. List them below.

Self-Sabotaging Behavior	Triggers	Context (When and Where it Happens)

SECTION 4: THE IMPACT OF SELF-SABOTAGE:

Instructions: Reflect on how these behaviors affect your life. Consider areas such as personal relationships, career, health, and self-esteem.

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Self-Sabotaging Behavior	Impact on My Life

SECTION 5: CHALLENGING MY NEGATIVE THOUGHTS

Instructions: Identify any negative thoughts associated with your self-sabotaging behaviors. Then, challenge these thoughts with positive affirmations or counterarguments.

Negative Thought	Challenge/Counterargument

SECTION 6: ACTION PLAN FOR CHANGE:

Instructions: Develop a plan to address your self-sabotaging behaviors. Include specific actions you can take when you recognize these behaviors.

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Self-Sabotaging Behavior	Action Steps	Support Needed

SECTION 7: REFLECTION AND COMMITMENT:

Instructions: Reflect on the insights gained from this worksheet and write a commitment statement.

Commitment Statement: I commit to being aware of my self-sabotaging behaviors and taking proactive steps to change them. I will seek support when needed and celebrate my progress along the way.

CONCLUSION:

Recognizing and addressing self-sabotaging behaviors is an ongoing process. Regularly revisiting this worksheet can help reinforce your commitment to personal growth and resilience.
Feel free to customize this worksheet to suit your specific needs or preferences!

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- ( ) Procrastination
- ( ) Chronic Indecision
- ( ) Self-Criticism
- ( ) Negative Self-Talk
- ( ) Perfectionism
- ( ) Imposter Syndrome
- ( ) Fear of Failure
- ( ) Lack of Boundaries
- ( ) Fear of Success
- ( ) Overthinking
- ( ) Self-Isolation
- ( ) Comparing to Others
- ( ) Escapism
- ( ) Over commitment
- ( ) People-Pleasing
- ( ) Not Asking for Help

Self-sabotage Therapy worksheets

WHEN DO I TYPICALLY ENGAGE IN SELF-SABOTAGE?

Self-sabotage often occurs at critical moments when individuals face challenging, stressful, or emotionally charged situations. These behaviors are usually triggered by underlying fears, doubts, or unresolved emotional issues, and can be particularly prevalent in moments of growth, change, or vulnerability. Understanding when and why one engages in self-sabotaging behaviors is key to breaking the cycle and developing healthier coping strategies.

Here are some common scenarios or conditions when self-sabotage is likely to occur:

1. When Facing Significant Challenges or Goals

Why It Happens: Large or important goals can trigger feelings of overwhelm or fear of failure. The weight of the challenge may cause individuals to procrastinate, avoid tasks, or engage in perfectionism as a way to protect themselves from the potential of falling short.

Example: A person preparing for an important job interview may delay preparation or sabotage their performance due to the pressure of high expectations.
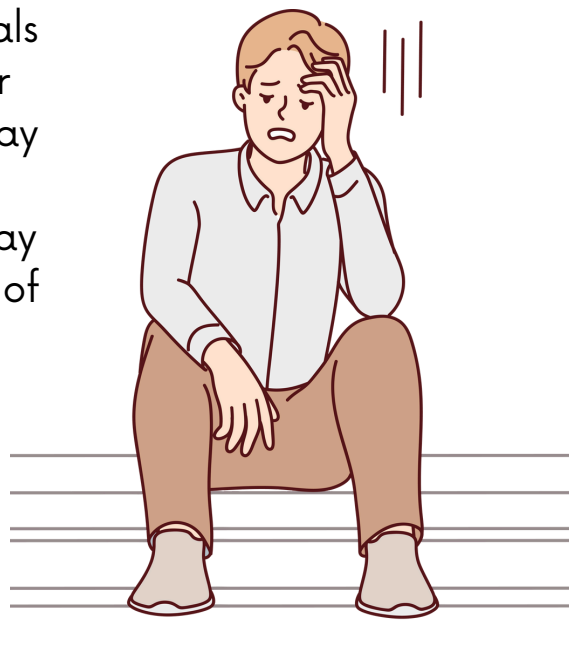
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2. During Times of Transition or Change

Why It Happens: Change, even positive, can be intimidating because it disrupts comfort zones. Fear of the unknown or the potential demands that come with change can provoke self-sabotaging behaviors, such as avoidance or underperformance.

Example: A person starting a new job might avoid fully engaging, making excuses or creating unnecessary problems to cope with feelings of insecurity or doubt.

3. When Experiencing Success or Progress

Why It Happens: Achieving success can provoke a fear of increased responsibility or visibility, sometimes referred to as "fear of success." This can cause individuals to undermine their own achievements, believing they are undeserving or unable to handle success.

Example: After being promoted, someone may begin missing deadlines or making careless mistakes due to self-doubt or fear that they don't deserve the promotion.

# Self-sabotage Therapy worksheets

4. IN HIGH-STAKES SITUATIONS

Why It Happens: High-pressure situations, such as important exams, presentations, or major life decisions, can trigger anxiety, leading individuals to doubt their abilities. This anxiety may manifest as procrastination, perfectionism, or overthinking.

Example: A student may procrastinate on studying for a final exam, even though it is crucial to their academic success, because they are afraid of the possibility of failing.

5. When Confronting Emotional Vulnerability

Why It Happens: Moments of emotional vulnerability, such as during personal conflicts or in close relationships, can trigger fears of rejection or inadequacy. Self-sabotage in these cases may manifest as withdrawal, avoidance, or engaging in destructive relationship patterns.
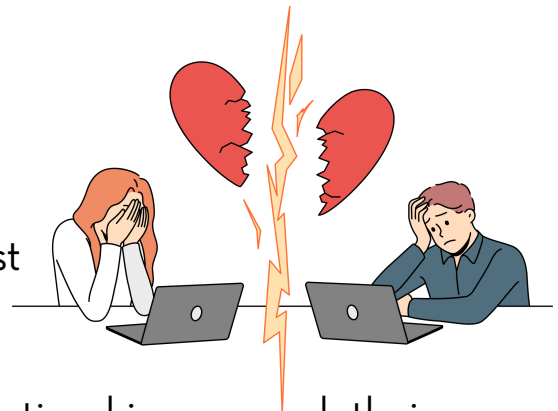
Example: Someone in a new romantic relationship may push their partner away or create unnecessary conflict to avoid the risk of being hurt.

6. When Perfectionism Takes Over

Why It Happens: Perfectionists often set unattainably high standards for themselves,

Self-sabotage Therapy worksheets

leading to anxiety and self-doubt when they feel they cannot meet these expectations. As a result, they may procrastinate, become overly critical of their work, or abandon tasks altogether.

Example: A person may delay submitting a project because they believe it is not flawless, even if it's already good enough to meet or exceed expectations.

7. When Facing Unresolved Emotional Trauma

Why It Happens: Unresolved trauma or emotional pain can lead individuals to sabotage their well-being by engaging in destructive behaviors like substance abuse, isolating themselves, or avoiding healing. These behaviors serve as coping mechanisms to avoid confronting past emotional wounds.

Example: Someone who experienced betrayal in a past relationship may self-sabotage by being overly suspicious or defensive in new relationships, thus pushing potential partners away.

8. When Self-Worth is Low

Why It Happens: Low self-esteem or feelings of unworthiness can cause individuals to self-sabotage in situations where success or recognition is at stake. This may manifest as negative self-talk, doubting one's abilities, or underperforming to align with the belief that they are not "good enough."

Self-sabotage Therapy worksheets

Example: A person may decline a job offer they've worked hard for because they feel they aren't capable of fulfilling the role, despite evidence to the contrary.

9. When Seeking Control Over Uncertainty

Why It Happens: In situations where outcomes are uncertain or uncontrollable, individuals may self-sabotage by trying to control the situation through avoidance or negative behaviors, believing that by not trying, they avoid potential failure or disappointment.

Example: Someone might avoid applying for a promotion because they fear the uncertainty of not getting it, preferring to stay in a familiar, though less satisfying, position.

10. When Confronting Social or Peer Expectations

Why It Happens: External pressure from peers, family, or society can trigger self-sabotage when individuals feel overwhelmed by others' expectations. This can lead to actions that defy these expectations or result in avoidance of situations that could lead to judgment or failure.

Example: A person may purposely underachieve in their career to avoid being perceived as too ambitious or successful by friends or family members who have different values.

Self-sabotage Therapy worksheets

CORE BELIEFS AND SELF-SABOTAGE WORKSHEET

PURPOSE:

This worksheet is designed to help you identify your core beliefs, understand how they may lead to self-sabotaging behaviors, and begin the process of shifting limiting beliefs into healthier, empowering ones.

SECTION 1: UNDERSTANDING CORE BELIEFS:

What are Core Beliefs?
Core beliefs are deeply ingrained thoughts and assumptions about ourselves, others, and the world. These beliefs are often formed in early childhood and influence how we interpret events, make decisions, and behave. They can be positive or negative, helpful or limiting.

Examples of Core Beliefs:
- "I am worthy of love" (Positive)
- "I will never succeed" (Negative)

- **Reflection:** Think about areas of your life where you feel stuck, anxious, or disappointed. These feelings may be tied to a core belief. List below any negative or limiting core beliefs you might have.

Self-sabotage Therapy worksheets

- **Core Belief 1:** _____

- **Core Belief 2:** _____

- **Core Belief 3:** _____

Questions to Explore:

- Where do you think these beliefs come from?
- How do these beliefs affect your relationships, career, or personal goals?

SECTION 2: IDENTIFYING SELF-SABOTAGING BEHAVIORS:

What is Self-Sabotage?
Self-sabotage occurs when your actions prevent you from achieving your goals. Often, it stems from limiting core beliefs that create fear or doubt.
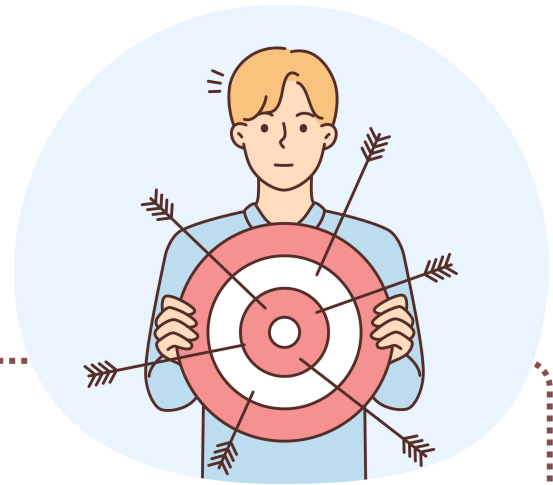
Common Self-Sabotaging Behaviors:

- Procrastination
- Negative self-talk
- Avoidance of opportunities
- Overcommitting or under committing
- Setting unrealistic goals

- **Reflection:** List any behaviors or actions you engage in that you feel might be self-sabotaging.
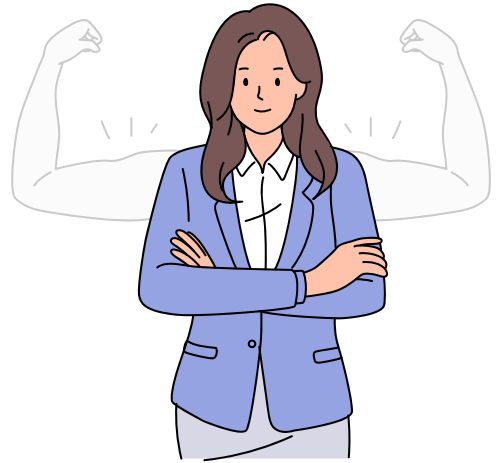
Self-sabotage Therapy worksheets

- **Self-Sabotaging Behavior 1:** _____
- **Self-Sabotaging Behavior 2:** _____
- **Self-Sabotaging Behavior 3:** _____

SECTION 3: CONNECTING CORE BELIEFS AND SELF-SABOTAGE:

Activity:
Look at your list of core beliefs and self-sabotaging behaviors. Do you notice any connections? For example, if one of your core beliefs is, "I'm not good enough," do you tend to procrastinate because you're afraid of failing?

- **Core Belief:** _____
- **Self-Sabotaging Behavior:** _____
- **Core Belief:** _____
- **Self-Sabotaging Behavior:** _____

Reflection Questions:
- How do your core beliefs fuel your self-sabotaging behaviors?
- Are there patterns that emerge in certain situations or relationships?

Self-sabotage Therapy worksheets

SECTION 4: CHALLENGING AND CHANGING CORE BELIEFS:

Activity: Thought Reframing
Now that you've identified some of your limiting core beliefs, try to reframe them into healthier and more empowering beliefs.
For each negative core belief, write down a more positive, realistic belief that you'd like to embrace instead.

Example:

- Limiting Belief: "I will never succeed."
- Empowering Belief: "I have the ability to succeed with effort and persistence."

Your Turn:

- **Limiting Belief:** _____

- **Empowering Belief:** _____

- **Limiting Belief:** _____

- **Empowering Belief:** _____

Reflection Questions:

- What evidence do you have that supports these new beliefs?
- How will adopting these new beliefs change the way you act or feel?

Self-sabotage Therapy worksheets

SECTION 5: ACTION PLAN TO OVERCOME SELF-SABOTAGE:

Now that you've reframed your core beliefs, it's time to create an action plan to overcome self-sabotaging behaviors. Use the space below to write down some concrete steps you can take to change these behaviors.

Example:

- Self-Sabotaging Behavior: Procrastination
- Action Plan: Break tasks into smaller steps and set daily goals.

Your Turn:

- **Self-Sabotaging Behavior:** ⸻⸻⸻⸻

- **Action Plan:** ⸻⸻⸻⸻

- **Self-Sabotaging Behavior:** ⸻⸻⸻⸻

- **Action Plan:** ⸻⸻⸻⸻

Reflection Questions:

- What evidence do you have that supports these new beliefs?
- How will adopting these new beliefs change the way you act or feel?

Self-sabotage Therapy worksheets

SECTION 6: PERSONAL COMMITMENT:

Write a personal commitment statement that reflects your dedication to challenging limiting beliefs and stopping self-sabotaging behaviors.
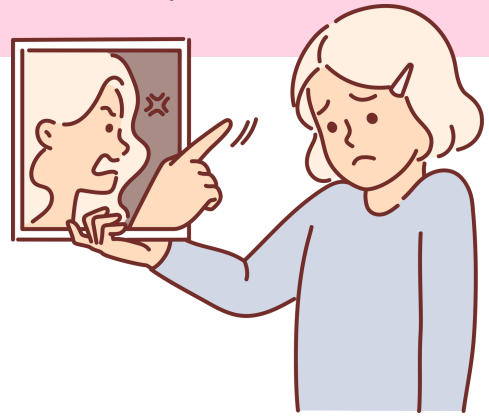
My Commitment:

"I commit to challenging my negative core beliefs and taking action to overcome self-sabotaging behaviors. I am capable of change, growth, and success."

- **Signature:** _____

- **Date:** _____

- **Reflection & Support:**
  If you find this process difficult, it's okay. Changing core beliefs and self-sabotaging behaviors takes time and support. Consider reaching out to a therapist or a trusted individual who can help you on this journey.

Remember:

Awareness is the first step. Once you recognize your core beliefs and self-sabotaging behaviors, you can begin to change them. Be patient and compassionate with yourself as you work through this process.

Self-sabotage Therapy worksheets

Here is a professional and structured chart for identifying negative beliefs about oneself, including common examples, causes, and methods to challenge them:

Category	Negative Belief	Possible Origin	Impact on Behavior/Emotions	Challenging Strategy
Self-Worth	"I am not worthy of success."	- Criticism from authority figures - Past failures	- Self-sabotage - Fear of trying new things	- Identify past successes - Set small achievable goals
Lovability	"I am unlovable."	- Childhood neglect - Relationship issues	- Isolation - Difficulty forming close connections	- Build self-compassion - Seek supportive relationships
Competence	"I am not good enough."	- Comparing oneself to others - Perfectionism	- Procrastination - Avoidance of challenges	- Acknowledge strengths - Challenge perfectionism

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Category	Negative Belief	Possible Origin	Impact on Behavior/Emotions	Challenging Strategy
Control	"I can't control anything in my life."	- Trauma - Unstable environments	- Anxiety - Lack of motivation	- Focus on controllable aspects - Mindfulness practices
Deservingness	"I don't deserve happiness."	- Guilt - Shame-based experiences	- Self-punishment - Depression	- Practice gratitude - Reframe guilt as a learning tool
Identity	"I am a failure."	- Consistent failure experiences - Self-labeling	- Low self-esteem - Hopelessness	- Break tasks into manageable parts - Redefine success
Self-Efficacy	"I can't achieve my goals."	- Lack of support - Fear of failure	- Lack of initiative - Abandonment of goals	- Build incremental successes - Seek mentorship

This chart can be used in therapeutic or coaching settings to help individuals recognize and challenge their negative self-beliefs, enabling personal growth and more positive self-perception.

Self-sabotage Therapy worksheets

Emotional Triggers Journal Worksheet

OBJECTIVE:

This worksheet is designed to help individuals become more aware of their emotional triggers, identify patterns in their emotional responses, and develop strategies for managing strong emotions in a healthy and constructive way.

INSTRUCTIONS:

Each time you notice a strong emotional reaction, take a moment to reflect on the situation using the prompts below. This worksheet can be filled out daily or whenever an emotional trigger arises.

1. SITUATION OVERVIEW:

- **Date/Time:** _____

- **Describe the Event or Situation:**

1. What happened? Be as detailed as possible.

_____

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2. TRIGGER IDENTIFICATION:

- **What Emotion(s) Did You Feel?**
- (e.g., anger, sadness, anxiety, frustration)

_____

- **What Triggered the Emotion?**
- Was it something someone said, an action, or a specific thought?

_____

3. PHYSICAL REACTIONS:

- **How Did Your Body React?**
- (e.g., tense muscles, increased heart rate, feeling hot)

_____

4. THOUGHT PATTERNS:

- **What Were Your Immediate Thoughts?**
- Write down any recurring thoughts or judgments that surfaced.

_____

Self-sabotage Therapy worksheets

5. RESPONSE:

- **What Action(s) Did You Take?**
- How did you respond outwardly (e.g., stayed quiet, raised your voice, walked away)?

_____

6. REFLECTION:

- **What Was the Impact of Your Response?**
- (On yourself and others)

_____

- **Did the Response Align with How You Want to Act in These Situations?**
- Yes / No (Circle One)
- Explain why:

_____

7. ALTERNATIVE ACTIONS:

- **How Could You Have Responded Differently?**
- Consider healthier or more effective ways of handling the trigger.

Self-sabotage Therapy worksheets

8. EMOTIONAL REGULATION TECHNIQUES:

- **What Coping Skills Could Help Next Time?**
- (e.g., deep breathing, grounding techniques, pausing before reacting)

_____

9. SELF-COMPASSION:

- **How Can You Be Kinder to Yourself?**
- Write down affirmations or self-compassionate statements.

_____

10. MOVING FORWARD:

- **What Did You Learn About Yourself Through This Experience?**

_____

- How Will You Approach Similar Situations in the Future?

_____

Self-sabotage Therapy worksheets

| Emotion	Description	Corresponding Self-Sabotaging Behaviors	Potential Underlying Beliefs
Fear	Anticipation of threat, danger, or failure.	Over-preparation, staying in comfort zone, resisting change	"I can't handle failure or uncertainty."
Guilt	Feeling responsible for a real or perceived wrongdoing.	Over-apologizing, self-punishment, avoidance of others	"I am fundamentally flawed and always make mistakes."
Anger	Intense feeling of displeasure or hostility.	Aggressive behavior, blaming others, impulsive decisions	"Others are always trying to take advantage of me."
Shame	Feeling inadequate or embarrassed about oneself.	Hiding true self, people-pleasing, self-sabotage in relationships	"I am not worthy of acceptance or success."

Self-sabotage Therapy worksheets

| Emotion	Description	Corresponding Self-Sabotaging Behaviors	Potential Underlying Beliefs
Loneliness	Feeling isolated or disconnected from others.	Pushing people away, avoiding social situations, engaging in toxic relationships	"No one truly cares about me."
Insecurity	Feeling unsure about oneself or one's abilities.	Self-doubt, perfectionism, comparison to others, fear of success	"I am not as good as others; I will be exposed."
Overwhelm	Feeling mentally or emotionally overloaded.	Shutting down, avoiding responsibilities, irrational decision-making	"I can't handle this, and I will fail if I try."

This table can be a useful tool for individuals or therapists tracking emotional triggers and the corresponding behaviors that hinder growth.

Narcissist Education Worksheets

## WHAT EMOTIONS LEAD ME TO SELF-SABOTAGE?
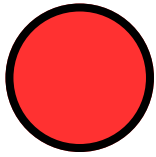
Fear of Failure: You might avoid fully committing to something because the fear of failing is overwhelming. This leads to procrastination or not giving your best effort.
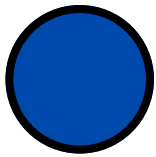
Fear of Success: Oddly enough, success can be intimidating. It might come with new responsibilities, expectations, or pressure to maintain performance, leading you to hold back or undermine yourself.
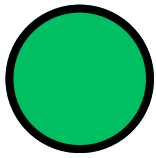
Low Self-Esteem: If you don't believe you're worthy of success, happiness, or love, you might sabotage situations where you're actually getting close to achieving those things.
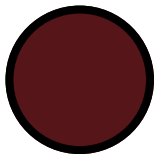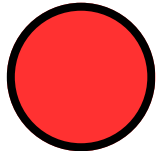
Guilt: Feeling guilty about past mistakes or being undeserving of success can cause you to create obstacles for yourself, often without realizing it.
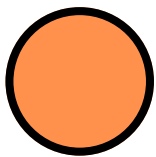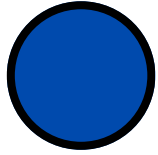
Shame: Deep-rooted shame about who you are can manifest as behaviors that keep you from achieving what you desire, as a way to reinforce negative self-perceptions.

Self-sabotage Therapy worksheets

Perfectionism: The fear of not being perfect can lead you to procrastinate or avoid tasks altogether, as a way to protect yourself from potential disappointment.

Fear of Vulnerability: Being successful or pursuing a relationship may require you to open up and risk emotional exposure. If vulnerability feels unsafe, self-sabotage can act as a protective mechanism.
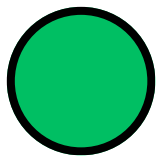
Anxiety or Overwhelm: Feeling overwhelmed by the challenges or the uncertainty of the future can cause you to shut down, leading to avoidance or destructive behaviors.
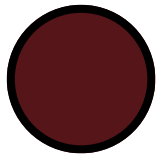
Resentment or Anger: Sometimes, unresolved anger or resentment—whether toward others or yourself—can result in self-sabotaging actions as a form of rebellion or self-punishment.
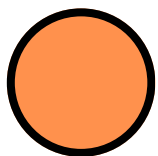
Comfort in Familiar Patterns: Even if your current situation is unsatisfying, it may feel more familiar and "safe" than the unknown territory of change and growth. Self-sabotage can keep you in that comfort zone.

Understanding the specific emotions driving your self-sabotage is a good step toward changing those behaviors. What resonates with your experience?

Self-sabotage Therapy worksheets

"SMART GOALS FOR OVERCOMING SELF-SABOTAGE" WORKSHEET:

Here's a professional and authentic worksheet that can help individuals, particularly adolescents, apply the SMART goals framework to overcome self-sabotage. The worksheet guides users through understanding self-sabotage, identifying behaviors, and setting specific, measurable, achievable, relevant, and time-bound goals.

SMART GOALS FOR OVERCOMING SELF-SABOTAGE:

Worksheet Overview:
Self-sabotage refers to actions that undermine your own success, often driven by fear, self-doubt, or negative beliefs. This worksheet helps you identify self-sabotaging behaviors and develop SMART goals to replace them with healthier habits.

STEP 1: IDENTIFYING SELF-SABOTAGING BEHAVIORS:

Self-sabotage can manifest in many ways, such as procrastination, perfectionism, avoidance, negative self-talk, or giving up easily.

Self-sabotage Therapy worksheets

Reflection

- What self-sabotaging behaviors do you notice in yourself?
- (Examples: avoiding important tasks, staying in your comfort zone, being overly critical of your work)

Answer:

_____

_____

- When do you notice these behaviors the most?
- (Examples: when faced with challenges, before deadlines, in social situations)

Answer:

_____

_____

STEP 2: SETTING SMART GOALS:

Use the SMART framework to create specific goals that address self-sabotaging behaviors.

- **What is a SMART goal?**

- **Specific:** The goal is clear and focused.
- **Measurable:** You can track progress.
- **Achievable:** It's realistic and attainable.
- **Relevant:** It aligns with your personal values and long-term goals.
- **Time-bound:** There is a deadline or time frame for completing the goal.

Self-sabotage Therapy worksheets

STEP 3: DEFINE YOUR SMART GOAL:

Example

Self-sabotaging behavior: Procrastination on assignments due to perfectionism.
SMART Goal: "I will complete the first draft of my next essay one week before the due date, without focusing on making it perfect in the first round."

Now it's your turn!

- **Specific**

What exactly do you want to achieve?
(Example: I want to stop procrastinating on assignments)

Answer:

_____

_____

- **Measurable**

How will you know when you have achieved the goal?
(Example: I will complete my assignments two days before the deadline)

Answer:

_____

_____

Self-sabotage Therapy worksheets

- **Achievable**

Is this goal realistic? What steps will you take to achieve it?
(Example: I will work on my assignments in 30-minute sessions every day to avoid last-minute stress)

Answer:

_____

_____

- **Relevant**

Why is this goal important to you? How does it help you overcome self-sabotage?
(Example: Meeting deadlines without stress will help me feel more confident and capable)

Answer:

_____

_____

- **Time-Bound**

What is your deadline for achieving this goal?
(Example: I will finish my next essay one week before the deadline)

Answer:

_____

_____

Self-sabotage Therapy worksheets

STEP 4: ACTION PLAN:

Now that you have a SMART goal, let's create an action plan to implement it.

- What is the first small step you will take?
- (Example: Break the assignment into smaller tasks and schedule time to work on it every day)

Answer:

_____

_____

- How will you hold yourself accountable?
- (Example: I will set reminders on my phone and check in with a friend or teacher about my progress)

Answer:

_____

_____

- What obstacles might you face, and how will you overcome them?
- (Example: I might feel anxious about the quality of my work, but I will remind myself that the first draft doesn't have to be perfect)

Answer:

_____

_____

Self-sabotage Therapy worksheets

STEP 5: REFLECTION & REVIEW:

At the end of your goal period, reflect on your progress.

- Did you achieve your goal? Why or why not?

  _____

  _____

- What challenges did you face, and how did you overcome them?

  _____

  _____

- What did you learn from this process?

  _____

  _____

- What new goals will you set to continue overcoming self-sabotage?

  _____

  _____

- **Final Thoughts:**
Overcoming self-sabotage takes time and patience, but setting SMART goals is a powerful way to break the cycle and move forward with confidence. Keep revisiting this worksheet whenever you feel stuck or notice self-sabotaging behaviors creeping in.

Self-sabotage Therapy worksheets

SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, TIME-BOUND GOALS

SMART goals are a widely recognized framework for setting objectives that are clear, achievable, and tractable. The acronym stands for Specific, Measurable, Achievable, Relevant, and Time-bound. This approach is utilized in various fields, including business, education, and personal development, to enhance goal-setting effectiveness.

1. SPECIFIC

- **Definition:** Goals should be clear and specific, answering the questions: Who is involved? What do I want to accomplish? Where will it take place? Why is this goal important?
- **Importance:** Specificity helps focus efforts and creates a clearer understanding of what needs to be done. It reduces ambiguity and enhances motivation.
- **Example:** Instead of saying "I want to get fit," a specific goal would be "I want to run a 5K race."

Self-sabotage Therapy worksheets

2. MEASURABLE

- **Definition:** Goals must have criteria for measuring progress. This answers the question: How will I know when I have reached my goal?
- **Importance:** Measurable goals help track progress, maintain motivation, and provide accountability. Metrics can include numbers, percentages, or milestones.
- **Example:** A measurable goal would be "I want to run 3 times a week for at least 30 minutes each time."

3. ACHIEVABLE

- **Definition:** Goals should be realistic and attainable, considering available resources, skills, and time. This answers the question: Is this goal feasible?
- **Importance:** Setting achievable goals ensures that individuals remain motivated and do not become discouraged by unattainable objectives.
- **Example:** Instead of aiming to run a marathon without prior experience, a more achievable goal might be "I want to complete a 5K within three months."

4. RELEVANT

- **Definition:** Goals must matter to the individual or organization and align with broader objectives. This answers the question: Does this goal align with my other goals?

- **Importance:** Relevant goals ensure that efforts are aligned with overall life or organizational objectives, making it more meaningful and motivating to pursue them.
- **Example:** A relevant goal for someone focused on health might be "I want to improve my cardiovascular health by running regularly."

5. TIME-BOUND

- **Definition:** Goals should have a clear deadline or timeline. This answers the question: When will I achieve this goal?
- **Importance:** Time-bound goals create a sense of urgency and help prioritize tasks, making it easier to manage time effectively.
- **Example:** A time-bound goal would be "I want to complete a 5K by the end of the month."

CONCLUSION

The SMART framework serves as a powerful tool for effective goal-setting. By ensuring that goals are Specific, Measurable, Achievable, Relevant, and Time-bound, individuals and organizations can enhance their focus, motivation, and overall success in achieving their objectives. Whether in a personal context or within professional settings, applying the SMART criteria can lead to more structured and achievable outcomes.
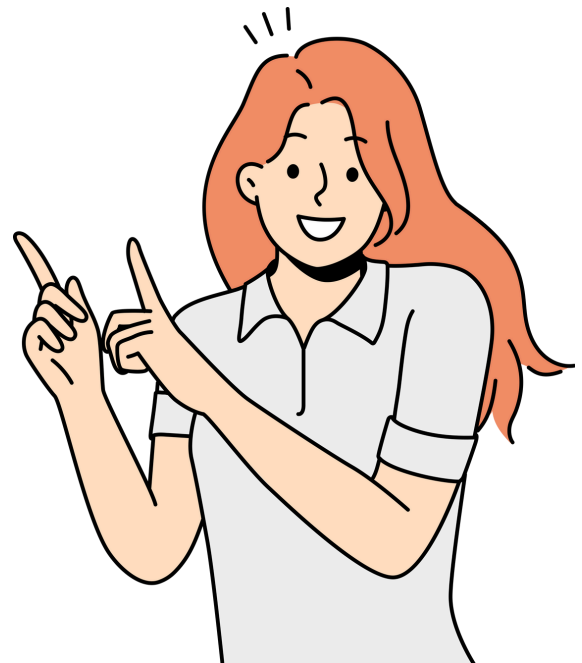
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HOW WILL I MEASURE MY PROGRESS?

- **Set Clear Goals:** Define specific, measurable, achievable, relevant, and time-bound (SMART) goals. This gives you a clear target to aim for.
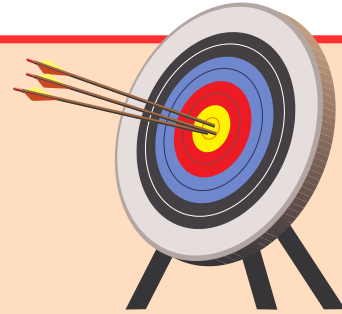
- **Regular Check-Ins:** Schedule regular intervals (weekly, bi-weekly, or monthly) to assess how you're doing relative to your goals. This can involve journaling your thoughts and feelings or discussing progress with a therapist or support group.

Track Changes: Keep a log of significant events, feelings, or behaviors related to your goals. This could be through a journal, an app, or a spreadsheet.
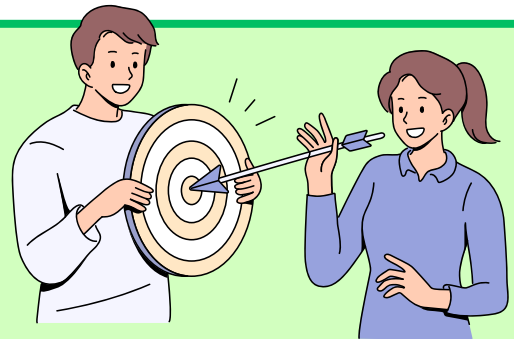
Feedback from Others: Seek feedback from trusted friends, family, or therapists. They might observe changes in you that you haven't noticed.

Self-sabotage Therapy worksheets

"COPING STRATEGIES INVENTORY" WORKSHEET:

Objective:

This worksheet aims to help individuals recognize their coping strategies, evaluate their effectiveness, and explore alternative approaches to managing stress and difficult emotions.

Instructions:

- **Identify Your Stressors:** In the first section, list specific stressors or challenging situations you frequently encounter.

- **Assess Your Coping Strategies:** For each stressor, identify the coping strategies you currently use.

- **Assess Your Coping Strategies:** For each stressor, identify the coping strategies you currently use.

- **Explore Alternatives:** Consider alternative coping strategies that might be more effective or healthy.

• PART 1: IDENTIFY YOUR STRESSORS:

Identifying your stressors is a crucial first step in managing stress effectively. By recognizing the specific factors that contribute to your stress whether they are external events, personal challenges, or interpersonal relationships you can begin to understand their impact on your emotional and physical well-being.

Self-sabotage Therapy worksheets

Stressor	Description

• PART 2: ASSESS YOUR COPING STRATEGIES:

Part 2: Assess Your Coping Strategies emphasizes the importance of evaluating the effectiveness of the coping mechanisms you currently employ in managing stress and adversity. This assessment involves reflecting on both healthy and unhealthy strategies, recognizing patterns in your responses to challenging situations, and identifying areas for improvement. By understanding how these strategies influence your emotional well-being, you can make informed decisions about which coping techniques to enhance or replace. This proactive approach not only fosters resilience but also equips you with the tools needed to navigate life's difficulties more effectively.

Self-sabotage Therapy worksheets

Stressor	Current Coping Strategie	Notes/Comment	Notes/Comments

- **NOTES/COMMENTS:**

Part 2: Assess Your Coping Strategies emphasizes the importance of evaluating the effectiveness of the coping mechanisms you currently employ in managing stress and adversity. This assessment involves reflecting on both healthy and unhealthy strategies, recognizing patterns in your responses to challenging situations, and identifying areas for improvement. By understanding how these strategies influence your emotional well-being, you can make informed decisions about which coping techniques to enhance or replace. This proactive approach not only fosters resilience but also equips you with the tools needed to navigate life's difficulties more effectively.

Self-sabotage Therapy worksheets

Stressor	Alternative Coping Strategies	Notes/Comments

REFLECTION QUESTIONS:

- What patterns do you notice in your coping strategies?
- Which strategies were the most effective for you, and why?
- How can you incorporate more effective strategies into your daily routine?
- What obstacles do you anticipate in trying new coping strategies, and how might you overcome them?

LIST OF RECOMMENDED READINGS, WEBSITES, AND SUPPORT GROUPS

Self-sabotage Therapy worksheets

Here's an authentic and professional list of recommended readings, websites, and support groups that could be helpful in the context of adolescent therapy, particularly focusing on mental health, goal setting, and personal development.

RECOMMENDED READINGS

"The 7 Habits of Highly Effective Teens" by Sean Covey
- A fantastic guide for adolescents that adapts Covey's famous principles for teenagers. It's an easy-to-read book that focuses on building self-confidence, self-awareness, and positive life choices.

"Mindset: The New Psychology of Success" by Carol S. Dweck
- This book explores the concept of a growth mindset versus a fixed mindset, encouraging adolescents to see their potential for personal growth and resilience in the face of challenges

"Grit: The Power of Passion and Perseverance" by Angela Duckworth
- Duckworth's research on the importance of grit and perseverance in achieving long-term goals caDuckworth's research on the importance of grit and perseverance in achieving long-term goals can be highly motivating for adolescents working through therapy and goal-setting.n be highly motivating for adolescents working through therapy and goal-setting.

Self-sabotage Therapy worksheets

"The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives" by William Stixrud and Ned Johnson

- This book provides strategies for helping adolescents develop agency, resilience, and motivation.

**"Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood" by Lisa Damour**

- A valuable read for those working with teenage girls, offering insights into the emotional and psychological transitions girls face during adolescence.

"Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men" by Leonard Sax
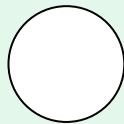
- For those focusing on young males, this book examines the societal and psychological factors contributing to the lack of motivation in boys and offers solutions to guide them.
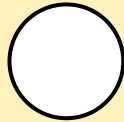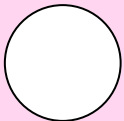
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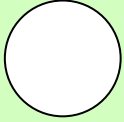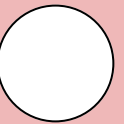
- **The Child Mind Institute**

- **Teen Mental Health**

- **Mental Health America (MHA)**

- **Adolescent Counseling Services (ACS)**

- **Psychology Today - Find a Therapist**

CONCLUSION:

- This list offers a well-rounded set of resources, from educational materials to community-based support. Whether working on goal-setting, mental health, or personal growth, these tools can empower adolescents and their families to navigate challenges and find their strengths.