

5 Steps to Break Self-Sabotage

A Practical Guide to Overcoming Resistance & Taking Action

1

Identify the Trigger

Catch yourself in the act of sabotaging (e.g., procrastinating, avoiding, or over-committing). Stop and ask: *"What immediately happened right before this behavior? What was I feeling?"*

2

Get Curious (Not Critical)

Instead of berating yourself for holding back, replace judgment with curiosity. Ask: *"What am I trying to avoid or protect myself from right now?"*

3

Challenge the Narrative

Separate assumptions from facts. Recognize when you are in "prediction mode." Ask yourself: *"Where am I telling myself a story, and what do I know for sure?"*

4

Shrink the Action

Focus on micro-steps rather than massive overhauls. Break your goal down to the absolute smallest step. If writing a full report feels overwhelming, write for just five minutes.

5

Tolerate the Discomfort

Growth requires discomfort. You do not need fear to completely vanish to move forward—fear and progress can exist in the exact same room.

PAUSE WITH PURPOSE: REFLECTION HOMEWORK

- **What do I keep saying I want**, but repeatedly fail to take action toward?
- **What excuses do I repeatedly make**, and what am I truly avoiding?
- **What am I afraid might happen** if I actually succeed?
- **What secondary benefit am I getting** from staying exactly where I am?