



Sacred Depths Certification

Getting off the Wheel of Self Sabotage Worksheet

The Wheel of Self Sabotage



Examples of a Self-Sabotage Wheel

Example 1

Cycle 1:

- Original Belief: “It’s hard for me to date “
- Self-Sabotaging Action: You don’t put yourself on a dating website
- Result of Self Sabotaging Action: You don’t have any dates

Cycle 2:

- Not having any dates Reinforces Original Belief (and makes it stronger): “It’s hard for me to date”
- Self-Sabotaging Action: You get set up on a blind date but act like a total weirdo
- Result of Self-Sabotaging Action: You don’t have a second date + you feel demoralized

Cycle 3:

- Ruining blind date & feeling demoralized Reinforces even more “It’s hard for me to date” (and maybe not it’s even morphed into “It’s impossible for me to date” è
- Self Sabotaging Action: Get set up on another blind date and don’t even go on it

Example 2

Cycle 1:

- Original Belief: “I suck at sales “
- Self-Sabotaging Action: You mess up a referral that comes to you
- Result of Self Sabotaging Action: The sales call doesn’t go well

Cycle 2:

- Not closing the sale Reinforces Original Belief (and makes it stronger): “I suck at sales”
- Self-Sabotaging Action: You don’t follow up with referral
- Result of Self-Sabotaging Action: You don’t get the sale

Cycle 3:

- Not closing the sale reinforces even more “I suck at sales” (and maybe not it’s even morphed into “I shouldn’t even be running a business”
- Self Sabotaging Action: Don’t follow-up on any other referrals

EXERCISE: Write out one of your Wheels of Self-Sabotage, with at least 3 cycles

What inner work process would you like to use to break the cycle? (Befriend Your Fear, Re-Wiring Negative Thought Patterns, Strengthening a more Resources Part of Yourself, Even Though...Nevertheless, etc)

What outer action/s can you take to break the cycle?

EXERCISE: PICK A CLIENT (or your Coaching Partner, or a Friend/Family Member):
Write out one of their Wheels of Self-Sabotage, with at least 2 cycles