



Sacred Depths Certification

Helping Clients Get Off the Wheel of Self-Sabotage Resource Sheet

Create Awareness of the Wheel:

- If you've sensed your client is on the Wheel, create awareness by telling them about the Wheel and asking them how they might be on it with the topic at hand.
- Sometimes having the client actually draw out the wheel can be really helpful.
- Other times, you can simply talk it through.

Break Pattern on the INNER Level: Unpack the Fear or Belief

- Guide your client through an inner process around the fear or belief that is motivating the Wheel.
- The inner process can include:
 - Befriending your fear
 - Re-Wiring negative thoughts
 - Looking at a Resistance Archetype,
 - Myth of Perfection or
 - Any other tool you have in your toolbox
- It can also be through simple dialogue.
- Follow up to support your client in shifting the fear or belief over time

Break Pattern on the OUTER Level: Action Step to Take

- Support your client to identify an action step they can take to step off the wheel.
- Create a plan or strategy for your client to take an action to support the NEW belief
- It can be a baby step or a larger step
- Follow up to support client to continue to take steps off the Wheel

Create Awareness Around Resilience

- Support your client to be in the (often) necessary discomfort of taking new action steps.
- Normalize discomfort as part of the growth process.
- Support client to take stretches and risks and to know they will be OK in the stretch or risk.
- Creating awareness about times in their life when they've been uncomfortable and how that discomfort created strength and resilience. This helps them see they can break patterns and not break themselves.
- Hold the container for your client to build their Resilience muscles
- Support Client to strengthen and lean into a part of themselves that is more resourced. Ex: The Confident One, The Wise One, The Compassionate One, The Passionate One, etc.