



Sacred Depths Certification

Understanding the Wheel of Self-Sabotage Resource Sheet

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Self-sabotage is when your client consciously or unconsciously gets in the way of achieving her goals or desired outcome.

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Two Types of Self-Sabotage

Single Occurrences – *moments of self-sabotage that are really big or explicit. These are easier to detect because they tend to happen once and are big action or event.*

For example:

- Showing up late for an important meeting.
- Staying up late the night before a big test instead of studying
- Telling someone off in a big and inappropriate way and end up burning bridges
- You don't want to get pregnant, but you don't use birth control
- Showing up on the wrong day for an appointment
- Having a big enrollment conversation, but you don't prepare for it.

Patterned Occurrences – *these are more subtle forms of self-sabotage and can be harder to notice/identify.*

For example:

- Consistently staying up too late
- Consistently over-scheduling yourself and then you don't have the space or bandwidth for the things you really want to do
- Consistently not following up with referrals

Journaling

- What are one or two examples of explicit self-sabotage for you?
- What are some examples of patterned self-sabotage for you?
- Do you see explicit or patterned self-sabotage with clients or friends/family members? Think of one or two people and name some of the self-sabotage action they're taking, either explicit or patterned.
- Looking at your own examples of self-sabotage, pick the most pressing one and answer:
 - What are the fears or negative beliefs that are at root of that explicit or patterned self-sabotage?

The Wheel of Self-Sabotage



- The wheel does not naturally allow for a positive outcome
- If the wheel of self-sabotage is not broken, your client is going to stay in self-sabotage mode and likely get mired deeper into it.

Journal

- How does the wheel of self-sabotage play out for you?
- What thoughts, feelings or moods do you experience when you're actively on the wheel?
- When you're on the wheel, are there any negative thoughts or fears that have evolved from the evidence produced by the wheel (as opposed to because they were modeled for you as a child)?



Homework

- Complete the Wheel of Self-Sabotage Worksheet
- If working with a partner or with clients, look at obstacles through the lens of the wheel and use tools to support client or partner to break the patterns (inner or outer).



Extra-Credit

- Track yourself to become more aware of the patterns and wheel in your life.
- If leading enrollment conversations, a ninja move is to help a potential prospect see their wheel of sabotage which you can use as a bridge piece to talk about what working with you could look like.