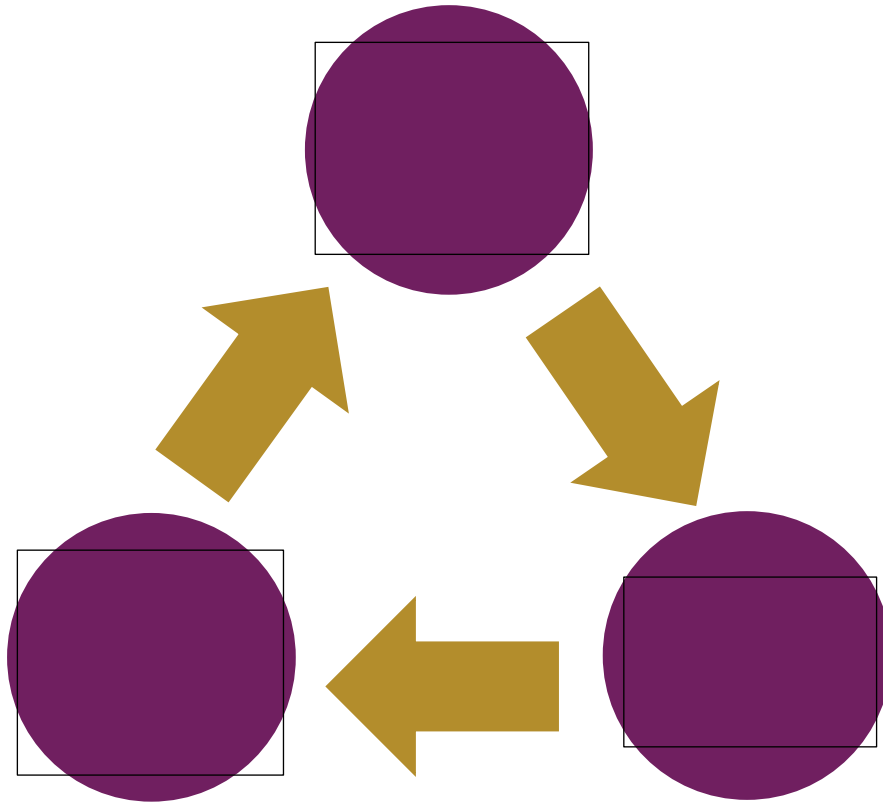




# *Sacred Depths* Certification

## The Wheel of Self-Sabotage Self-Quiz

### 1. Complete the Wheel of Self-Sabotage



*Negative thought/belief, fear, or resistance => self-sabotage action => results of the self-sabotaging action provides "evidence" of belief or fear => negative thought/belief, fear or resistance is strengthened.*

2. How is self-sabotage defined?

3. What are the two types of self-sabotage and how are they defined?

4. What tools are at your disposal to break self-sabotage patterns on an inner level?

5. To help a client get off the wheel of self-sabotage, you want to normalize \_\_\_\_\_ as part of the growth process.

6. T/F: The Wheel of self-sabotage allows for a positive outcome

7. What is required to break self-sabotage patterns on an outer level?

2) Self-sabotage is when your client consciously or unconsciously gets in the way of achieving her goals or desired outcome 3) Single Occurrences – moments of self-sabotage that are big or explicit. They are easier to detect because they tend to happen once. Patterned occurrences are more subtle and can be harder to notice/identify 4) Befriending your fear, re-wiring negative thoughts, working with resistance archetypes, and/or myth of perfection 5) Discomfort 6) False 7) Taking action. Work with client to identify action steps they can take to step off the wheel