

Definition & Types

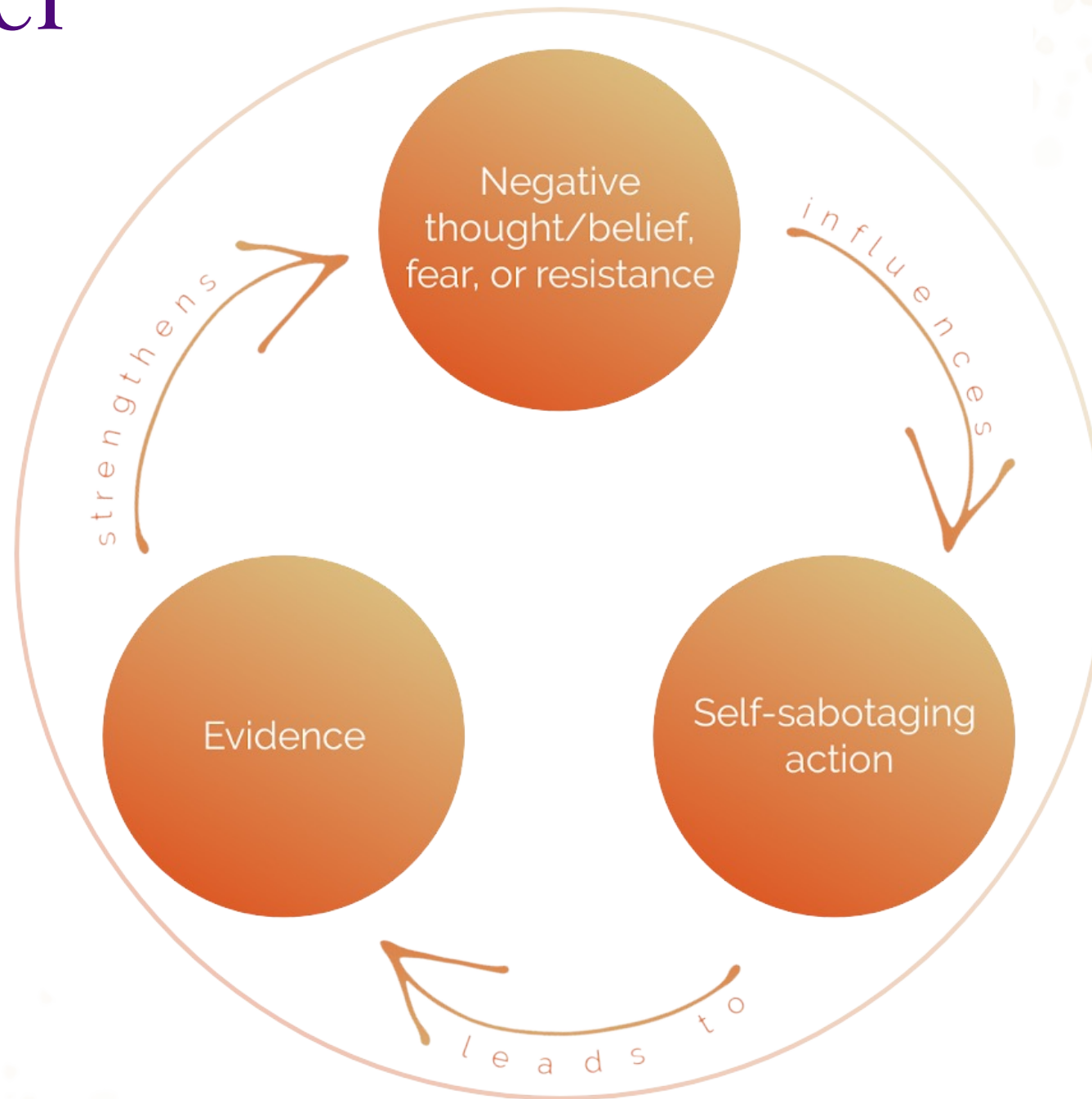
Q: What is self-sabotage?

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

Q: What are the two types?

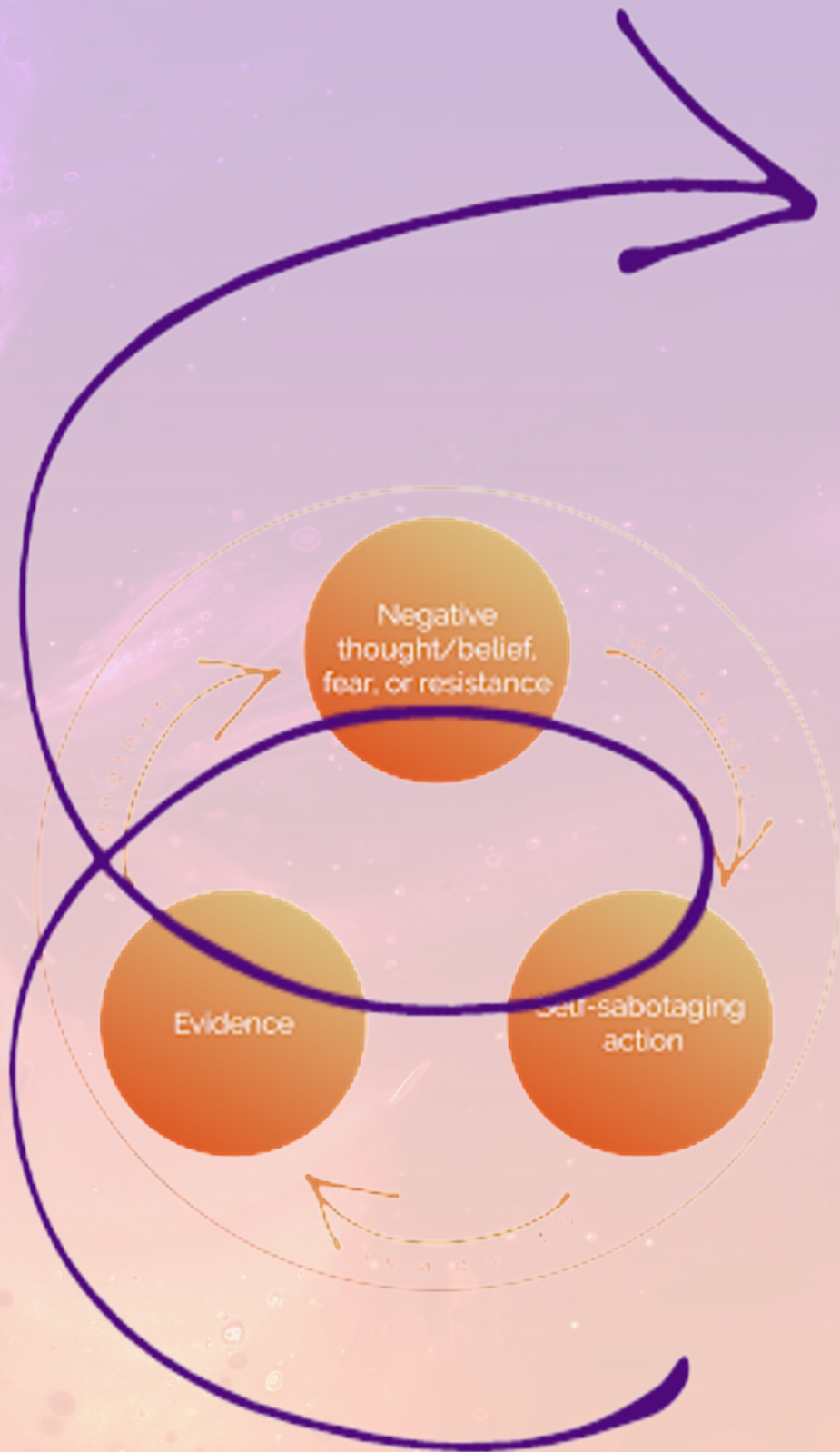
1. Single Occurrences
2. Patterned Occurrences

The Wheel



Getting off the Wheel

1. Create awareness
create awareness about the wheel
2. INNER level
break the pattern; unpack the fear or belief
3. OUTER level
identify an action step; co-create a plan
4. Resilience
normalize the discomfort; call on inner wisdom



Getting off the Wheel (additional details)

Inner Process Tools

- Befriend your fear
- Re-wiring negative thoughts
- Exploring resistance archetypes
- Myth of perfection

Resilience

- Hold the container
- Normalize the discomfort
- Create awareness around other experiences of overcoming
- Support leaning into inner resources