1. What do you want? Why do you want it?

2. What is the upside/benefit of achieving this goal? (best thing that could happen)

3. What is the downside/price you will pay for achieving this goal? (worst that could happen, what you're secretly afraid of)

4. What is your self-sabotage of choice?

5. What is the upside of this sabotage? How does it protect you?

6. What price will you pay if you choose to continue this self-sabotaging behavior?

7. What is possible if you choose to stop the self-sabotaging behavior?