

SELF-SABOTAGE QUESTIONS



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 thing that could happen, thing you are secretly afraid of)
4. What is your self-sabotage of choice?
Soft-addictions – avoidance behavior – resistance – procrastination – habitually late – perpetual overwhelm – over commitment/booking – patterns of drama – “busy-ness” – hiding out – perfectionism – fear of success – fear of failure – making excuses (money, time, family, limiting beliefs, emotional fears, I don’t know how...)
5. What is the upside of this sabotage? How does it protect you?
6. What is the price you will pay if you choose to continue this sabotage behavior?
7. What is possible if you choose to stop this sabotage behavior?