



PAIN FREE LIVING PROGRAM®

HOW TO IDENTIFY AND STOP SELF-SABOTAGE IN IT'S TRACKS

1. Write down **one** of your goals/dreams/heart's desires* where you think you may have sabotaged, stopped short, procrastinated, ignored, denied, suppressed, or think is impossible for you to achieve. (only do this exercise for ONE goal at a time)

* This may be a dream for your: health, wealth, relationships, career, purpose, education, fun/lesisure/travel, sports, spirituality, or ANY goal/dream you have.

2. Ask Yourself: Why have I not yet achieved this goal/dream ?

3. How do I sabotage my goal/dream/desire?

4. Who or what are my patterns and triggers that cause me to self-sabotage?

5. What do I believe to be true that causes me to sabotage and not achieve my goal/dream/desire?

Is this belief really true? Where did I learn to think this way? Am I willing to change my beliefs?

6. Who or What causes me to go into behavior that I know is bad or harmful for me or that keeps me from my dream/goal***?

*** Take a look at the programming the mind control you are currently receiving from media and social media that makes you feel "bad", "less than", unworthy, and like you need to buy something to "fix" yourself.

7. Remember it takes WILLINGNESS + NEW + Different actions, ideas, and choices to interrupt your pattern of self-sabotage, but it IS totally possible to succeed.

TIPS:

- BE SURE to put as much or more work into the **SOLUTION** as you put into the problem
- Say out loud: I'm OPEN to the solution
- I AM OPEN to my dreams/goals/desires
- It's OK for me to follow the longing of my heart and soul even if no one approves or agrees.

8. Ask Yourself: What do I believe IS possible for me? What are possible solution/s to achieve my goal/dream/desire?

9. Catch yourself before, during, or even after you are triggered to self-sabotage

10. Once you catch it. STOP. Do some deep belly breathing and then ask yourself: WHAT IS A POSSIBLE SOLUTION?

Start to focus more on the Solution rather than the problem or how you feel about being triggered. JUST DO IT :)

11. If you can't think of any solution... CALL someone, REACH OUT to our Facebook group, and start sharing what is going on with you so that you can hear yourself. YOUR answers are inside of YOU, and you DO have the answer. You may not trust it, so get the support you need from someone you do trust (us!)

12. REMEMBER: It's a sign of STRENGTH to ASK FOR HELP

13. REPETITION IS THE KEY TO EVERYTHING
REPETITION IN A POSITIVE DIRECTION TOWARD THE SOLUTION

14. Additional Questions to ask yourself: DOES my behavior align with my goal/dream/desire? If the answer is No, ask yourself: why am I doing this? What FEAR lies at the root?

15. REMEMBER the definition of fear is:
F.E.A.R. - FALSE EVIDENCE APPEARING AS REAL

16. Ask yourself: What is stopping me from taking action? Right now. Today.

17. Ask yourself: What is the worst thing I can imagine happening if I do take action? What am I afraid of losing?

18. If the worst thing did happen, then what? Keep asking Then What? again and again. Think this ALL the way through.

FINAL TIPS

- Take Responsibility
- Learn Your Triggers
- Let them go
- Send them Packing even if they try and return
- Stay focused on the SOLUTION rather than the ideas you have about "why I can't"
- ASK for help if you feel stuck
- Start over if you slip and slide

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