

1-2-3 Step Plan to Stop the Self-Sabotaging

Step 1. Notice the patterns.

When was the last time you did something you knew wasn't in your best interest? But you did it anyway, feeling as if the response was almost automatic. It was almost like an out-of-body experience, if you will. That is your pattern. Understand it, break down why you do it and practice ways to counter it. Write your pattern below. If you have more than one, then write the first one you want to tackle.



Step 2. Create Safety Plans and Responses.

If your pattern is “unable to say no,” for example, then repeat the phrase “No, thank you,” or “No, not today,” and many other no-answers. Get used to hearing yourself saying “No,” saying it loudly and slowly and whispering it, too. The goal is to understand what your patterns are and thinking of creative ways of breaking to break free from it. Write down those plans below.



Step 3. Rinse and repeat —and celebrate.

It takes practice, a lot of perseverance and most importantly a lot of trial and error. But still, expect yourself to succeed and celebrate it. Celebrate the first, second and third time you notice yourself choosing something that isn't your automatic response. Celebrate the scripts you're changing for yourself. Write below one of your first accomplishments.