

# How to Stop Self-Sabotaging Behaviors Worksheet

WRITE YOUR GOALS FOR DIFFERENT AREAS OF YOUR LIFE (LOVE, CAREER, FINANCES, HEALTH, SPIRITUALITY ETC)

FOR EACH AREA, LIST THE WAYS IN WHICH YOU HOLD YOURSELF BACK

FOR EACH SELF SABOTAGING ACTION, LIST THE THOUGHTS YOU HAVE BEFORE SELF SABOTAGING

# How to Stop Self-Sabotaging Behaviors Worksheet

LIST THE  
CONSCIOUS  
AND  
UNCONSCIOUS BELIEFS  
THAT  
UNDERLIE  
SELF  
SABOTAGING  
THOUGHTS

THINK BACK  
OVER YOUR  
LIFE AND LIST  
WHERE  
THESE  
BELIEFS  
COME FROM:  
PARENTS,  
LIFE  
EXPERIENCES  
, ETC

CHALLENGE  
EACH  
LIMITING  
BELIEF AND  
WRITE A NEW,  
MORE  
EMPOWERING  
VERSION OF  
IT