The Saboteur's Logic

1. What is a pattern of self-sabotage you keep repeating?
(Procrastination, overspending, pushing people away, quitting
before you succeed?)

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2. What does this pattern PROTECT you from? (Success?
Visibility? Rejection? Having to change?)

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**3. If the saboteur had a voice, what would it say to justify
itself?**

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