

## Phase 5: Self-Sabotage – The Internal Barrier

*“We are not punished for our sins, but by them.”*

— Elbert Hubbard

You know the cycle: you set a goal, you start strong, and then... something happens. You procrastinate. You self-destruct. You make the exact choice that guarantees failure.

This is not weakness. This is protection. Every act of self-sabotage has a **positive intent** buried beneath it. Perhaps staying small keeps you safe from criticism. Perhaps failing on your own terms feels better than risking real rejection.

Identify the “positive intent” behind your destructive habits to physically break cycles of protection. Move beyond intellectualizing your patterns into somatic pattern interruption and real-world change.

### **In this phase, you will:**

- Identify your sabotage patterns
- Discover the hidden “positive intent” behind them
- Create somatic pattern interrupts