Self-Sabotage Pattern Tracker & Interrupt Plan

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Module 5: Breaking Self-Sabotage

MY TOP 3 SELF-SABOTAGE PATTERNS

Pattern 1: _____

  Trigger: _____

  Old behavior: _____

  Micro-habit interrupt: _____

Pattern 2: _____

  Trigger: _____

  Old behavior: _____

  Micro-habit interrupt: _____

Pattern 3: _____

  Trigger: _____

  Old behavior: _____

  Micro-habit interrupt: _____

ACCOUNTABILITY CHECK

Partner or system I will use: _____

If I relapse, my plan is: _____

_____

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