

# Preventing Self Sabotage

# Today's Gameplan

- 1 Self Sabotage- The Trait of an Average Performer
- 2 Common Forms of Self Sabotage

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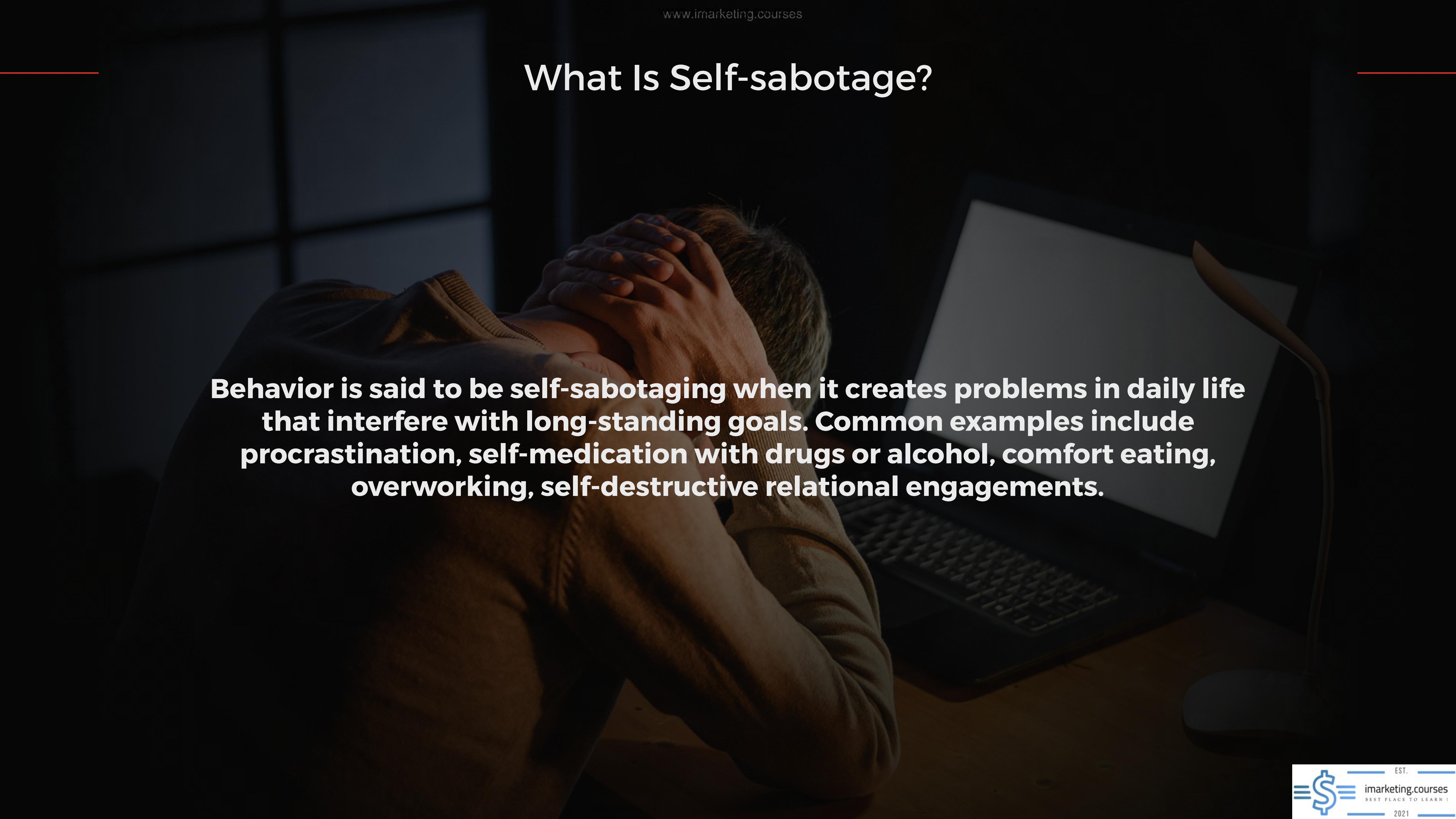
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# **Self Sabotage: A Distinguishing Trait Of The Average Performer**

# What Is Self-sabotage?

A dark, moody photograph of a person sitting at a desk. They are wearing a light-colored hoodie and have their head resting in their hands, appearing distressed or overwhelmed. A computer monitor is visible in the background, suggesting a work or study environment.

**Behavior is said to be self-sabotaging when it creates problems in daily life that interfere with long-standing goals. Common examples include procrastination, self-medication with drugs or alcohol, comfort eating, overworking, self-destructive relational engagements.**

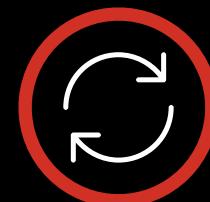


Average Performers Love To  
Sabotage Themselves and Throw  
Their Potential Down The Drain

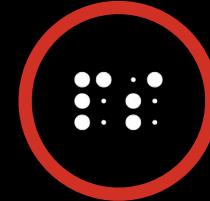


**This Is A Deep Topic – Root Cause Of  
Self-sabotage Can Go Way Back...**

# 14 Common Forms Of Self Sabotage We've Observed



**Overwork & Under Recovery**



**Catastrophizing**



**Self-Limiting Beliefs**



**Impatience and Dismissing Incremental Gains**



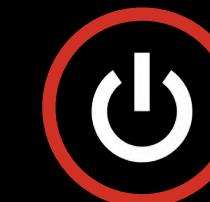
**Failure To Acknowledge Regression To The Mean**



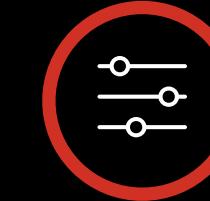
**Seeking Safety and Familiarity**



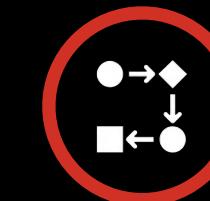
**The Fear Of Outshining**



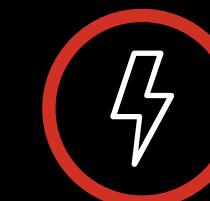
**Misattributed Causality**



**Requiring Novel Information to Act**



**Reasoning By Analogy Versus From First Principles**



**Believing That Success Brings A Bigger Burden**



**Feeling Fundamentally Flawed**



**Skewed CS Ratio**



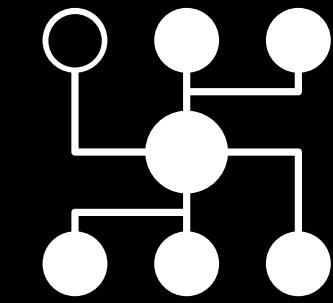
**Lose of Self Control**

# Awareness Alone Is Curative

**Ask yourself; am I susceptible to this? Being aware of the pattern can help you intercept and break it.**

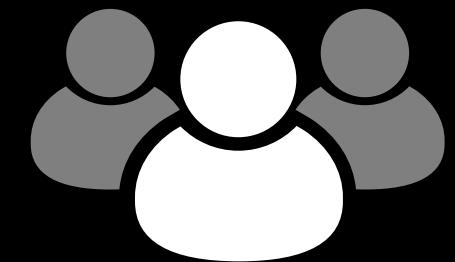
# 1 – Overwork and Under Recovery

## 2 – Catastrophizing



### Selective Abstraction

Drawing conclusions on the basis of just one of many elements of a situation.



### Personalisation

Attributing personal responsibility of events which aren't under a person's control.



### Magnification

"Making a mountain out of a molehill" - blowing things out of proportion.



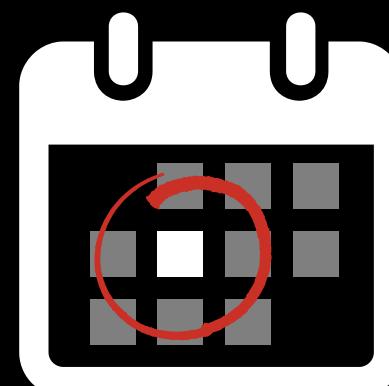
### Minimisation

Downplaying the importance of a positive thought, emotion or event.



### Arbitrary Inference

Drawing conclusions when there is a little or no evidence.



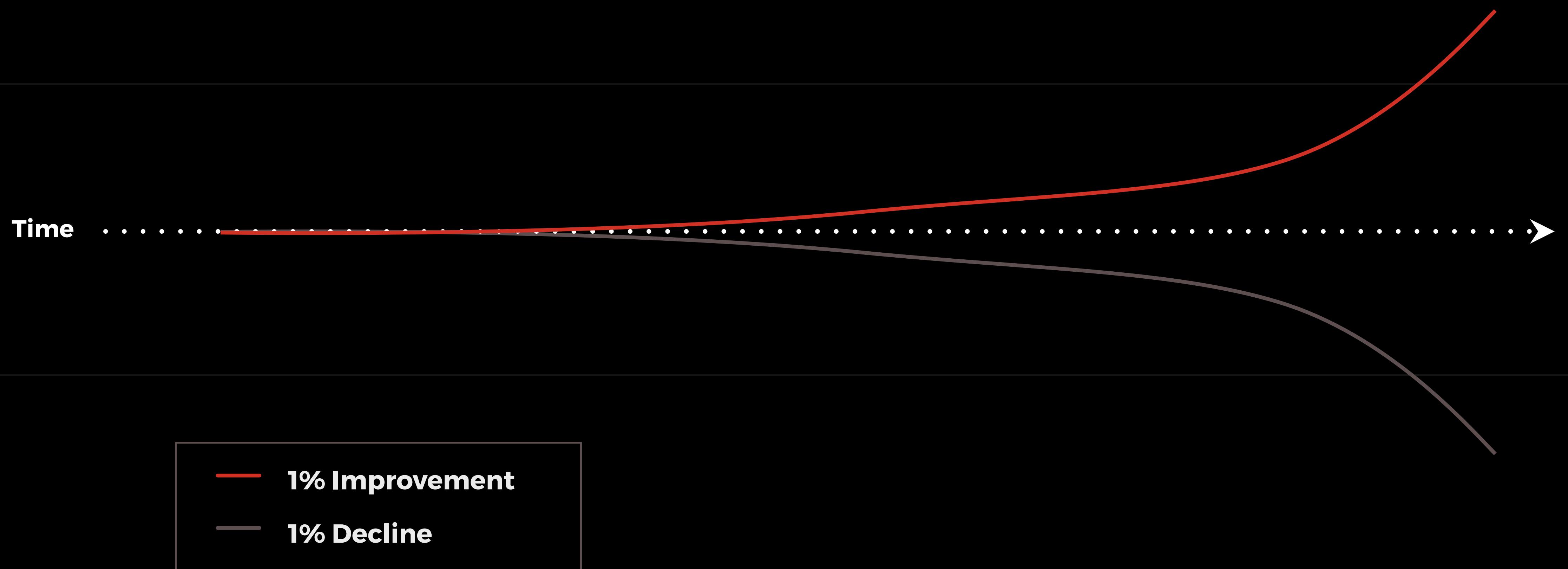
### Overgeneralisation

Making sweeping conclusions based on a single event.

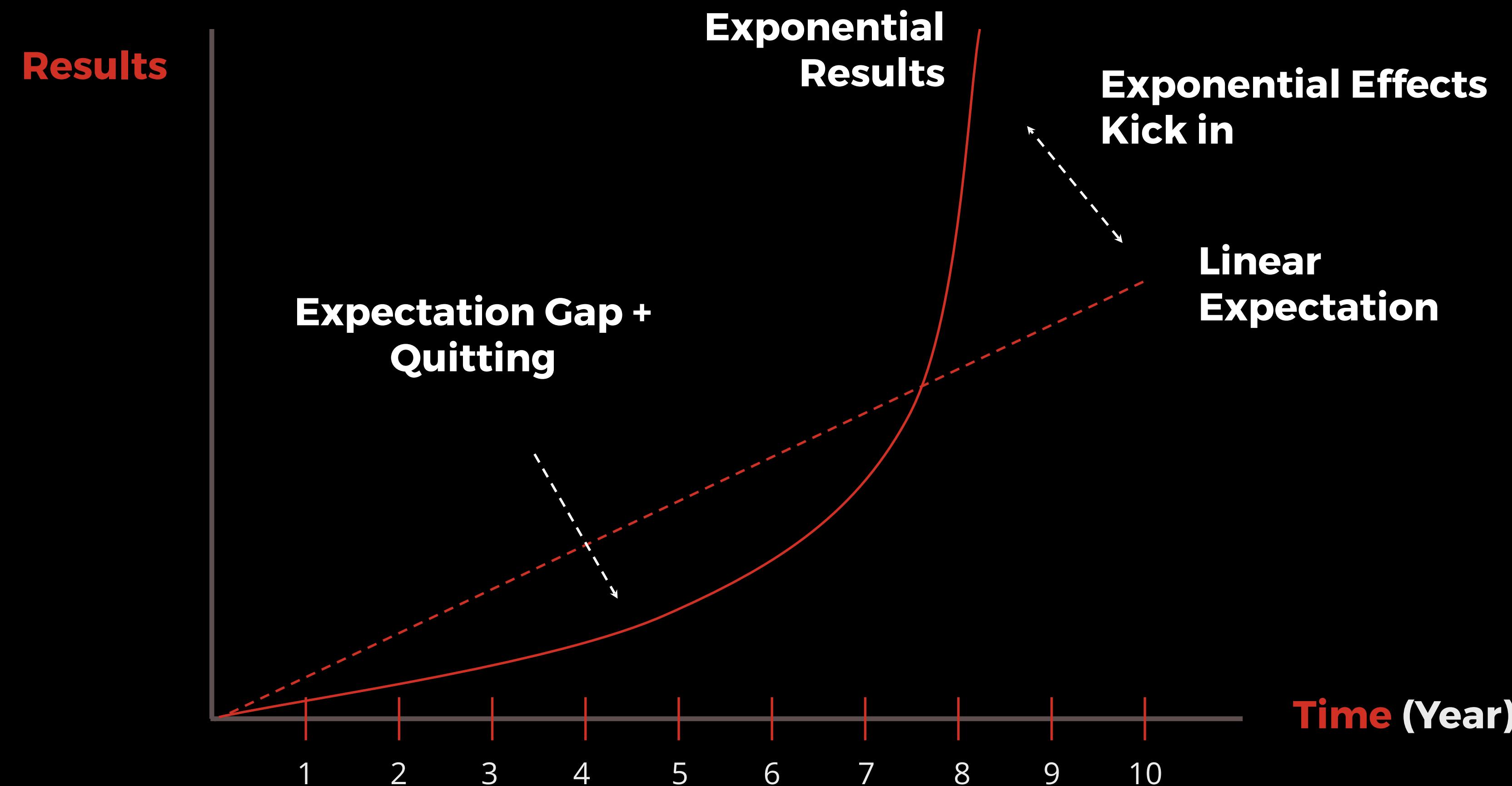
## 3—Self Limiting Beliefs



# 4 – Impatience and Dismissal Of Exponential Gains **Aggregation Of Marginal Gains**

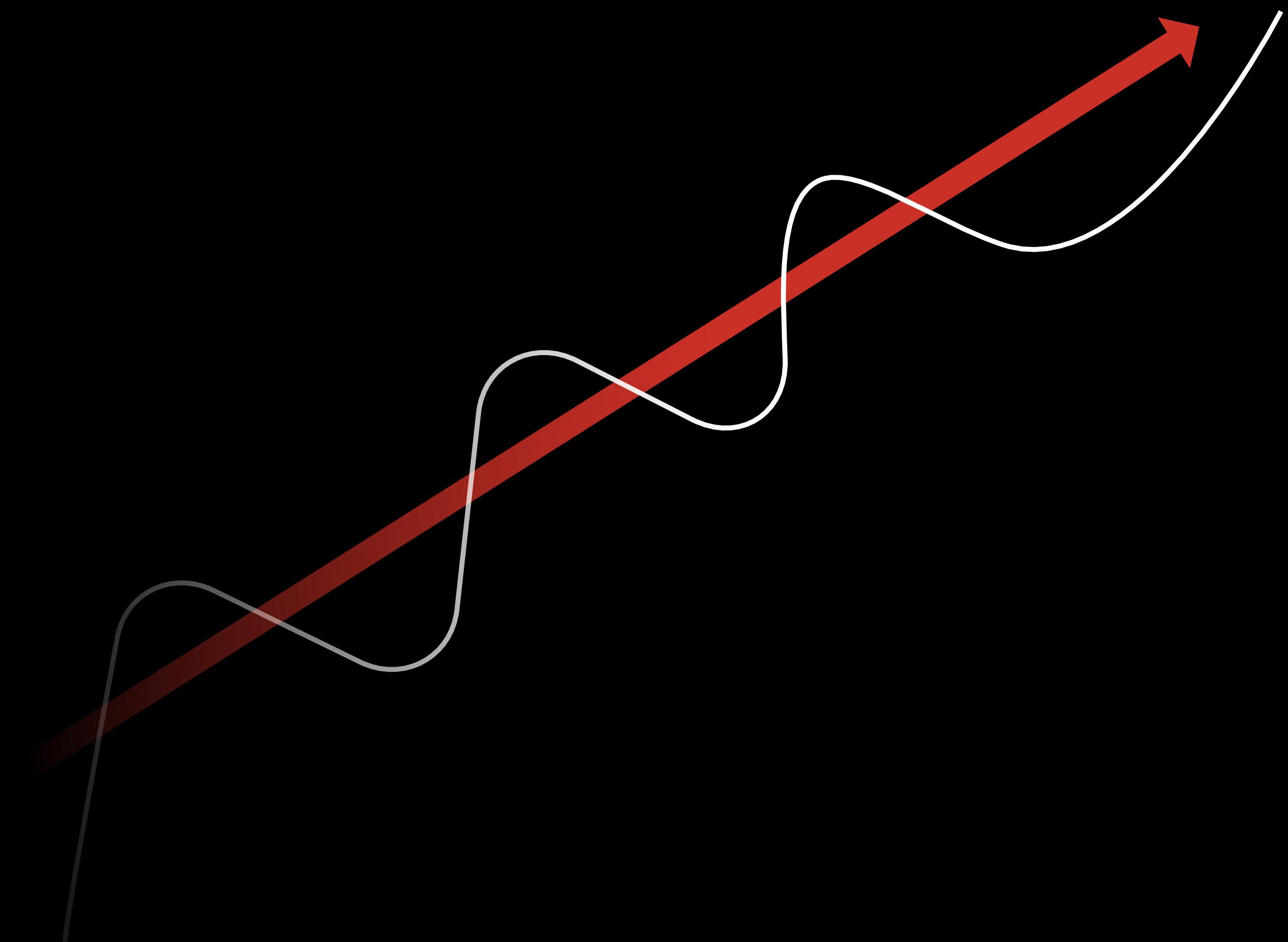


## 4 – Impatience and Dismissal Of Exponential Gains



# Failure To Remember That Success Equals Your Default Day

The red line is the average (mean), the trend oscillates up and down around it. The trend moves above the average and then regresses back toward it, often overshooting up and down. This is what we call "regression to the mean."



# 6 – Seeking Safety and Familiarity

## 7 – The Fear Of Outshining

**“Tall Poppy Syndrome” (An Aussie Saying)**

Describes a social phenomenon in which people of genuine merit are resented, attacked, cut down, or criticised because their talents or achievements that elevate them above or distinguish them from their peers.

## 8 – Misattributed Causality



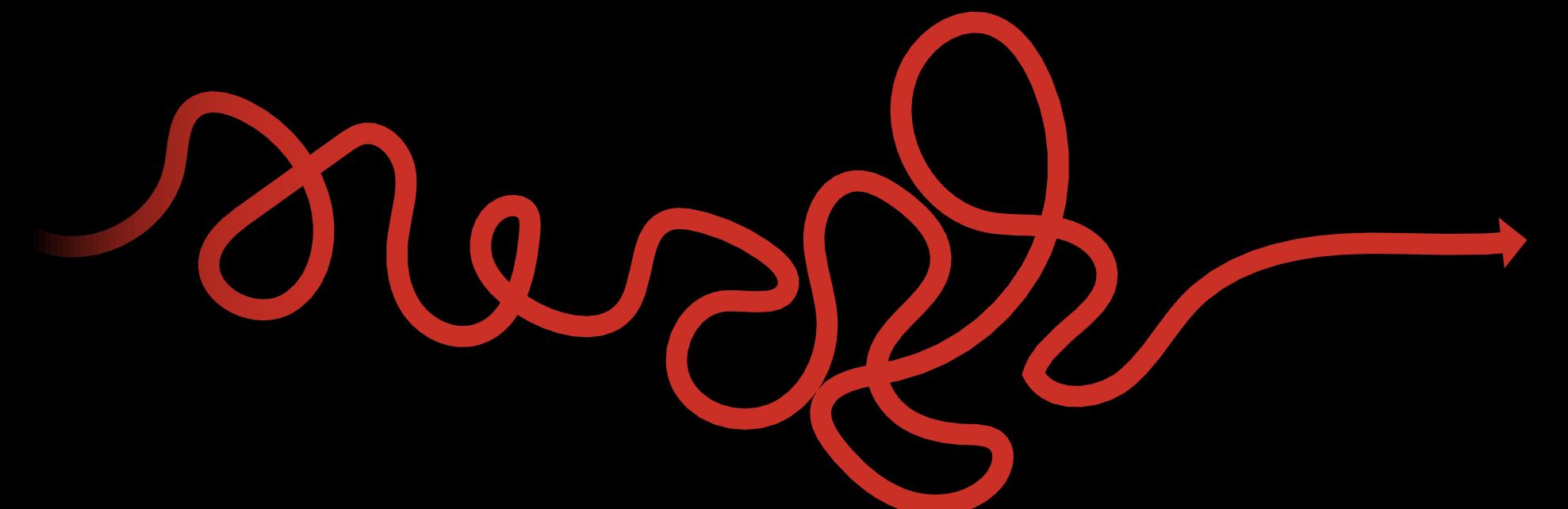
**Task**



**Outcome**



**Task**



**Outcome**

# 9 – Requiring Novel Information To Act

# 10 – Reasoning By Analogy

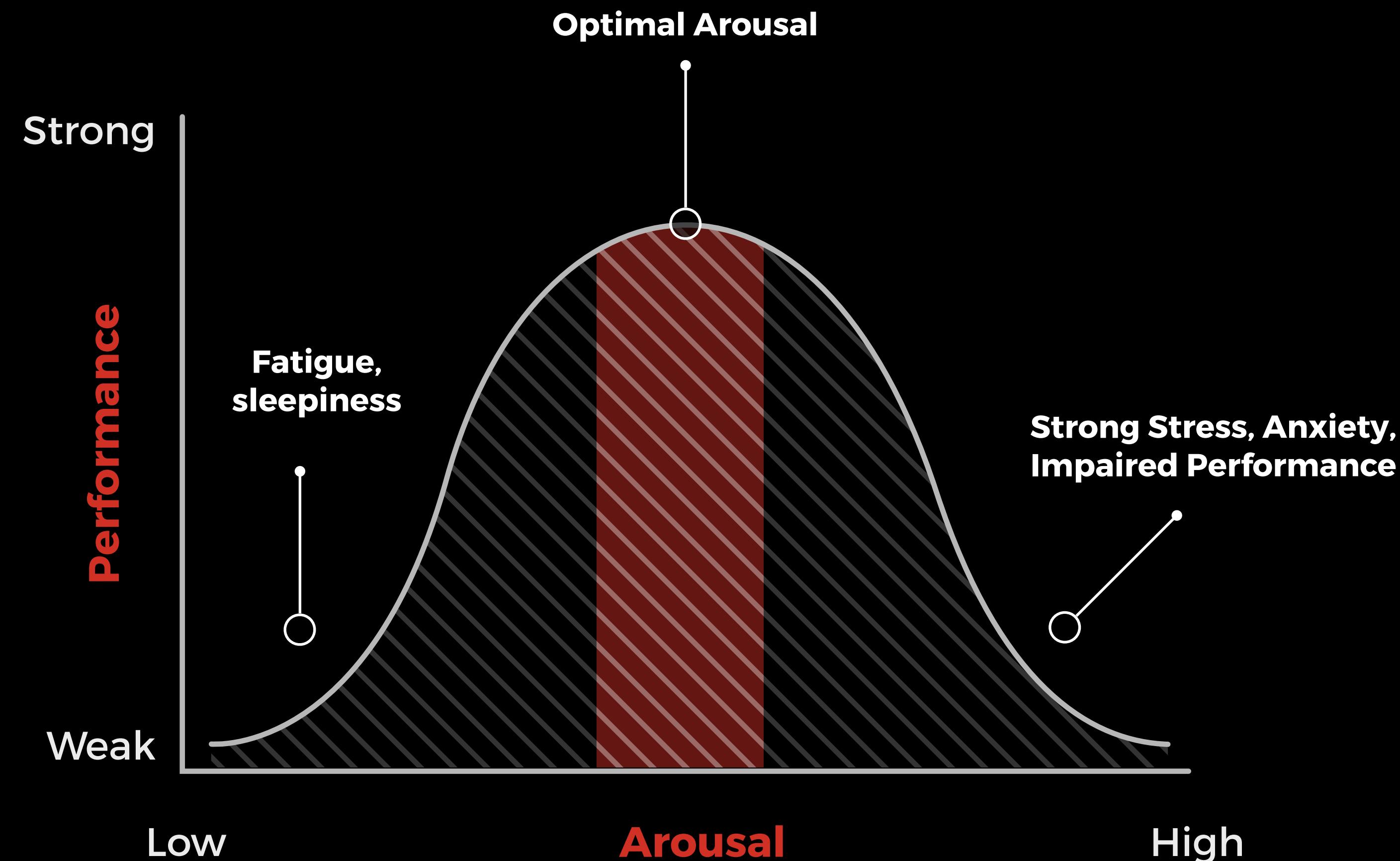


# 11 – Believing Success Brings A Burden

## 12 – Feeling Fundamentally Flawed

A pervasive, core sense of unworthiness and undeservedness that destroys your life from the inside out. E.g. “I could never... , I’m not good enough too... I’m not worth that...”

# 13 – Re-Regulate The Challenge Skills Balance



## 14 – Losing Self Control



# How Do We Annihilate Self-sabotage Forever and Evolve Past Our Self-imposed Limitations?

# Upper Limit Problems and Intercepting Our Self-annihilation

- 1 Identify Your “Upper Limits”**  
What GOOD things cause you to “squirm” and begin to feel discomfort?
- 2 Catch Yourself Bashing Your Head Against Your “Upper Limits”**  
The next time one of these GOOD things happen, catch the feeling of discomfort.
- 3 Intercept The Feeling Before It Leads To Action**  
Breathe, feel the feeling, think about what self-destructive tendencies you’re now inclined towards, then DON’T do them. Engage positively instead.
- 4 Carry On With A Positive Action**  
Having caught the feeling, intercepted the cycle and thus broken the pattern you can now continue with an action that will move you forward.

**The more mindful, calm, present, nourished, well slept, unrushed you are the easier this interception becomes.**

# Breaking Ruts!

- 1** **Unlock The Watchtower Effect With A Peak Stat**  
Flow, awe, trance, mediation.
- 2** **Dopamine Detox**  
Strip away all stimulation.
- 3** **Burnout Assessment**  
Assess susceptibility to the burnout triggers.
- 4** **Positive Psychology Basics Assessment**  
Ensure you're doing all of the PP basics.
- 5** **Intrinsic Motivational Stack Assessment**  
Assess your motivational fuel.
- 6** **Pattern Interrupt**  
Schedule a big pattern interrupt; arousing if underaroused, calming if over aroused.
- 7** **Find A Bigger Problem**  
Break the rut by going bigger.

**Exercise:**

# **Which Source Of Self Sabotage Is Highest Risk?**



Download Workbook  
to Get Started

