

## EIGHT WAYS TO MOVE ASIDE SABOTEUR VOICES

1. Bring in the client's Life Purpose.
2. Engage the client's Captain or a particularly powerful crew member.
3. Simply acknowledge or name the Saboteur you are hearing.  
*"I am hearing a Saboteur that says you can't ask for what you want because you will jeopardize your job. Is that 'Careful' speaking?"*  
...and be sure to have clients separate themselves from their Saboteur.  
*"Now that we have heard from your Saboteur, what do you think?"*
4. Ignore the Saboteur Voice. Do not interact with it.  
For example, you request that your client exercise five times this week. The client responds with excuses. You say "I hear you, and I also know you want to feel energetic and to lose 10 pounds, so will you exercise five times this week?"
5. Ask the client to put their attention on something other than the Saboteur.  
*"Joe, I am hearing the voice of one of your Saboteurs. Where will you put your attention to pull you beyond the Saboteur's dissonance?"*
6. Have your client personify the Saboteur. Give the Saboteur a name and a life of its own.  
*"Diane, who is this Saboteur speaking today who says you will mess up if you try a new way? Let's give it a name. Now tell me about Frieda. What is she like? What does she think of your Life Purpose?"*
7. Talk to the client about his/her values. Ask what values are being honored or dishonored. This often has the Saboteur disappear.
8. When you are hearing complaints or concerns from the Saboteur, ask the client about his/her vision.  
*"What do you want?" or "Imagine this situation one year from now; how do you want it to be?"*