

TAME SELF SABOTAGE

By Laurie H. Miller, CCH

What is sabotage?

Sabotage is the conscious or unconscious action that blocks us from attaining a goal. It is counter productive to success. It can be a life long childhood issue created from a fear or behavior that is inherited, copied, or modeled after a parent or expert in our life. It can also be caused from an adult experience created from a failure, mistake, or bad experience, which is usually coupled with a negative emotional response. Sabotage can be self created or someone else can sabotage us.

The sources of self sabotage

Sabotage can be an inherited behavior or a copied behavior. Let's say a parent has a history of self sabotage witnessed by the child, or a sabotage behavior that affected the child. The child copies that same behavior because it is familiar and expected. It can also stem from a long existing emotional hurt or wound, created by someone else and then perpetuated by ourselves.

For example: The following case demonstrates Sabotage behavior that is unconsciously copied from a parent:

Goal: Jim's goal is to climb the ladder at his company. To reach the goal, he has to speak to large groups.

Sabotage behavior: Avoiding speaking opportunities due to anxiety and extreme nervousness.

Source of self sabotage: His mother sang every week at her church on Sundays. She became extremely nervous just before going on stage, having anxiety, nausea and sweating. She vocalized her worries about what others will think of her and projected that they will criticize her singing. Her son (Jim) was always with her back stage witnessing her melt downs.

A second example demonstrates sabotage stemming from a childhood hurt or emotional wound.

Goal: A woman has a goal to take off weight.

Sabotage behavior is eating when not hungry.

Source of self sabotage: While growing up her mother was ill a lot. She got very thin at those times. When she was feeling better she put on weight and was more able to pay attention to her daughter, laugh and have fun. The daughter unwittingly believed that having weight on meant happiness and being thin meant being ill.

Another source of self sabotage would be from an adult experience. It is created from a failure, mistake, or bad experience, most likely a repeated negative

experience. It is usually a self protective mechanism designed to create safety from getting hurt again. It has a component of fear and avoidance. Adult sabotage is mainly created by ourselves for ourselves, but the method of sabotage can stem from childhood experiences. There are also times when someone sabotages us. Their motivation is often jealousy, envy, or discomfort with change.

The next example illustrates sabotage stemming from an adult hurt or emotional wound.

Goal: A woman has a goal to take off weight so she can feel comfortable dating with the hopes of meeting a wonderful man to spend the rest of her life with.

Sabotage behavior is out of control snacking in the evenings.

Source of Self sabotage: She was hurt in a recent relationship break up. In fact the last three relationships ended badly. To avoid dating and getting hurt again, she keeps the weight on. In her mind, taking the weight off makes her vulnerable to getting hurt again and being disappointed.

Tame self sabotage

There are three main steps that will help you tame self sabotage.

1. Identify the sabotage behavior
2. Meet your saboteur – give it form (image, object, symbol) so that you can work with it.
3. Identify the purpose for the self sabotage. (we never have a behavior without a payoff)

I believe that you must embrace what is not working for you (self sabotage) instead of pushing it away or ignoring it. When it is ignored it can take hold and end up controlling you. When you draw it in with curiosity and explore it, usually the reason for it (payoff) disintegrates, leaving you feeling relieved, unburdened and FREE! Your goals are easier to attain, your self esteem soars, and you reclaim your personal power! Tame Self Sabotage CD available on www.hypnosisconcepts.com

Contact Laurie at laurie@hypnosisconcepts.com