

Self-Sabotage Worksheet

This worksheet aims to help individuals identify and address self-sabotaging behaviors. It serves as a tool to understand underlying causes and develop strategies to overcome these patterns.

Name: Sophia Green Age: 28

Gender: Female Date: December 18, 2024

I. Identifying self-sabotage behaviors

Describe any recent situations where you believe you engaged in self-sabotage:

I avoided applying for a promotion at work, even though I was qualified.

What specific behaviors did you exhibit that were self-sabotaging?

- Procrastination
- Negative self-talk
- Avoiding challenges
- Perfectionism
- Others (please specify): I made excuses about needing "more time" to prepare

II. Understanding the root causes

Reflect on why you engaged in these self-sabotaging behaviors:

I was afraid of failing and felt like I wasn't good enough.

Have you experienced similar patterns in the past?

Yes, especially during exams or big presentations.

What emotions or thoughts do you associate with these behaviors?

Anxiety, fear of judgment, and feeling overwhelmed.

III. Impact on life and goals

How have these self-sabotaging behaviors affected your personal life?

They've made me feel stuck in my career and caused me to lose confidence.

What goals or aspirations have been impacted by these behaviors?

Getting promoted, finishing a certification program, and improving relationships.

IV. Challenging self-sabotage

List specific ways in which you can challenge and change these behaviors:

I can remind myself of my past successes and take small, manageable steps toward my goals.

What alternative, positive behaviors can you adopt?

Focus on progress rather than perfection and seek feedback from colleagues.

V. Setting personal goals

Define clear, achievable goals to overcome self-sabotage:

Apply for the promotion and complete the first module of my certification program.

For each goal, outline specific steps you plan to take:

1. Schedule time to update my resume and write my application.
2. Set weekly deadlines for studying the certification material.

VI. Seeking support

Identify people or resources that can support you in overcoming self-sabotage:

My mentor at work, a close friend who believes in me, and an online career development group.

How will you seek and utilize this support?

I'll schedule biweekly check-ins with my mentor and ask for feedback. I'll also share my progress with my friend for accountability.

VII. Reflecting on progress

Schedule dates for regular reflection on your progress:

January 1, 2025, and January 15, 2025.


During each reflection, assess improvements and challenges:

I'll track the goals I've achieved and identify areas where I still feel stuck.

Health professional's observations, recommendations, and notes:

Sophia appears highly self-aware and motivated to overcome her self-sabotaging behaviors. Recommendations include maintaining her reflection schedule and incorporating stress-relief activities like yoga or journaling into her routine to reduce anxiety.

Name of health professional: Dr. Lauren Parker

Signature of health professional: 

Name of practice: Resilient Minds Therapy Center