

Self-Sabotage Worksheet

Name: Nathan Jackson

Age: 31

Date: Jan 28, 2024

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.

Identifying Self-Sabotage Behaviors

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

Felt anxious and unworthy during a work presentation, leading to avoidance of important discussions

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

- Procrastination
- Negative self-talk
- Avoiding challenges
- Perfectionism
- Others (please specify): Self-deprecation

Understanding the Root Causes

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

Fear of being exposed as incompetent, feeling undeserving of my job position

Have you experienced similar patterns in the past?

i often feel overwhelmed in professional settings, so I avoid responsibility

What emotions or thoughts do you associate with these behaviors?

Persistent thoughts of not being good enough, fear of failure, and anxiety in social interactions

Impact on Life and Goals

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

social withdrawal, Strained professional relationships, missed career opportunities

What goals or aspirations have been impacted by these behaviors?

Hindered career progression and inability to form meaningful personal relationships

Challenging Self-Sabotage

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

Practice positive self-talk, seek feedback to counter impostor syndrome, participate in assertiveness training

What alternative, positive behaviors can you adopt?

Regularly acknowledging personal achievements, setting realistic deadlines

Setting Personal Goals

Define clear, achievable goals to overcome self-sabotage:

Increase participation in team meetings, start a personal project

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

Prepare talking points for meetings, allocate time weekly for personal project

Seeking Support

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

Therapy sessions, a close friend who understands my struggles

How will you seek and utilize this support?

Regular therapy attendance, weekly check-ins with my friend

Reflecting on Progress

Schedule dates for regular reflection on your progress:

Monthly on the last Friday

During each reflection, assess improvements and challenges.

Note any decrease in self-deprecating humor and increase in self-assertiveness

Health Professional's Observations, Recommendations, and Notes

Nathan shows a willingness to change. Recommended cognitive-behavioral therapy to address negative thought patterns. Encouraged joining a support group for individuals with impostor syndrome

Signature of Health Professional

Name of Health Professional: Dr. Eric Clarke

Name of Practice: Soul Harmony Mental Wellness Center