

Self-Sabotage Worksheet

Name:

Age:

Date:

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:

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

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

Understanding the Root Causes

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

Have you experienced similar patterns in the past?

What emotions or thoughts do you associate with these behaviors?

Impact on Life and Goals

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

What goals or aspirations have been impacted by these behaviors?

Challenging Self-Sabotage

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

What alternative, positive behaviors can you adopt?

Setting Personal Goals

Define clear, achievable goals to overcome self-sabotage:

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

Seeking Support

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

How will you seek and utilize this support?

Reflecting on Progress

Schedule dates for regular reflection on your progress:

During each reflection, assess improvements and challenges.

Health Professional's Observations, Recommendations, and Notes

Signature of Health Professional

Name of Health Professional:

Name of Practice: