

Self Sabotage

noticing when you do it
and
how to flip the script



Procrastination is, hands down, our favourite
form of self-sabotage.

-- Alyce P. Cornyn-Selby --

The first thing I want to discuss under the topic of self-sabotage is procrastination. Yep THAT P word.

Procrastination is that really large grey area in between a yes or no or taking action and just plain wallowing in your current situation. Also, it is indeed a choice.

A step forward in whatever direction will have you moving rather than stagnant and then starting the headfuckery that can come with procrastination.

Procrastination is one of the biggest forms of self-sabotage because we claim not to know the right direction to go in and SHEGO claims that staying where you are no matter how bad is the best form of action.

Self-sabotage loves a good long slow dance in procrastination. You must make a decision to get out of.

Your thoughts and feelings

Your thoughts and feeling have a great deal to do with self-sabotage. Take yourself back to a time when you had an awesome idea whether it be in your personal or professional life.

Those first few moments or even hours had you fist pumping the air and even strutting around saying to yourself "this is it. What a fantastic idea/opportunity". But then you start allowing fear and SHEGO to speak up louder and they start bringing with them the "I can't do that", "I'm not good/experienced/worthy enough to do/teach/have that which will come from my saying yes to this idea or opportunity".

Then you start taking actions that push away the wonderful idea and opportunity presented to you. Like researching online if its been done by another and how they have done it or doubting that this amazing idea can be bought to the table by you with a twist. This behavior invokes physical and emotional reactions within you that will confuse the Universe in whether or not you want that idea or opportunity. The best way to play it out is to marinate it in your own mind for a while.

This gives you the chance to then take steps forward that will affirm this is going to be a great shuffle in the right direction for you.

Please remember this - there is no right or wrong steps forward. Life is a dance. Some days you will be doing a real slow interpretive dance and others will have you shaking your arse all over the place to keep up with whats going on in your bubble. Ebb and flow is a given in this lifetime as it has been in others .

Your thoughts and emotions are what drive your vibration.

If you are all in and your emotions show differently, your vibration gets all confusing and you will find that you start attracting situations that are not in your best interests.

Worst case scenario - the idea or opportunity will go elsewhere because your flip flopping is just too confusing to keep up with.



Those with low self-esteem are more likely to self-sabotage when something good comes along because they don't feel deserving.

Physical actions re Self-sabotage



We have all done it. Used food or lack of physical movement is a way in which SHEGO will have us self-sabotaging moving forward. Alternatively, we can find ourselves overthinking and not taking care of our physical movement and finding that we end up with an injury of sorts. It happens to many of us.

Also, not only is physical injury a form of self-sabotage but illness can be also. The body and mind are so intrinsically connected that ailments such as sore throats, colds, headaches can all be bought on by not acknowledging the truth surrounding a situation. Headuckery at its best.

Relationships with others

This one is a biggy. Our relationships with partners, friends, family, co-workers and even strangers can be very telling. As you go through life, it's very unlikely that you will have the same friendships or even that you will have a strong connection with your family members as they will not understand your life path and you may find that you outgrow them. It's totally normal to feel that you need to hold onto all the peoples you meet throughout your entire life but its is just not possible.

You will notice that you learn from others and they learn from you but then there is a point you need to move on. It sure doesn't mean you can't keep in touch but you need to notice when it's time to make room for you to meet others on your journey.

Some of the more important relationships in our lives are also those in which we are self-sabotaging. We play small because it's easier than rocking the boat. We eat our words because we don't what to argue or cause a fuss. We base our happiness on the fulfilling the needs of others rather than ourselves first.

This behavior is actually keeping you from your true potential. If you are continually putting the needs of others before your own then you are self-sabotaging the shit out of your life. Period.

Those of us with low self-esteem are great in putting a fake smile forward but every time we do it's doing more damage than good to your spirit. Your Inner Warrior is right there trying to let you know what you are doing or about to do is going to do more damage than good but because she speaks quietly she is often unheard.

Then when something amazing comes along with our name written all over it and we have been manifesting like a mofo to bring it we start the internal chatter which leads to headfuckery and all the excuses as to how so and so would react if we took on the opportunity or stood up for what we truly want.

Self-Sabotage at it's finest

The following are a list of tips for you to take on if you choose when you notice you are self-sabotaging



Call yourself out on it. If putting others first has had you putting your needs and wants last then draw you line in the sand and say enough is enough



Don't commit to something straight away. Take some time to breathe and trust your intuition. Remember that if its not 110% YES then it's a FUCK NO



You are your own biggest cheerleader. You have everything you need within you to live out your biggest dreams and goals. Don't be scared of them. They will be given to you bit by bit so you can grow into them.

