


Self-Sabotage Workshop

Understanding the Why: Takeaway Sheet

Self Sabotage - week 2: 8-11-25

 Use this sheet to reflect on what you've learned and keep these key insights with you as reminders on your personal growth journey.

1. Fear of Failure vs. Fear of Success

- Both can be rooted in the fear of change and visibility.
- Fear of success often feels unfamiliar — but just as real.
- Awareness helps reduce the power fear has over your choices.

2. How Limiting Beliefs Drive Self-Sabotage

- These beliefs often stem from early conditioning or past experiences.
- They operate like invisible rules that hold you back.
- Challenging them opens up space for growth and new behaviors.

3. The Connection Between Old Wounds and Current Behaviors

- Many self-sabotaging patterns began as protection from past pain.
- These old strategies may feel safe but often no longer serve you.
- Healing starts with compassion and conscious new choices.

4. Inner Critic vs. Inner Protector

- Learn to differentiate between harsh self-talk and self-protection.
- Not all resistance is sabotage — some is your nervous system saying “not yet.”
- You get to choose which voice leads your next step.