

Self-Sabotage Wrap-Up: "I Would, But..."

GGC - Self Sabotage-August 2025
Week 1 - Takeaways


Here are your key takeaways from the past 4 sections. Use these as reminders as you work through your self-sabotage patterns with more clarity and kindness.

 What self-sabotage is (and isn't):


- - It's not about laziness — it's often a fear-based response to protect yourself.
- - It can feel logical, even responsible, which makes it harder to recognize.
- - Becoming aware of it is the first step toward shifting the pattern.

 How it shows up in daily life:

- - Procrastination, perfectionism, avoidance, and people-pleasing are all forms of self-sabotage.
- - These patterns keep you stuck and quietly drain your energy and confidence.
- - Recognizing them helps you interrupt the cycle with awareness.

 Common triggers and thought patterns:

- - Self-sabotage often shows up in moments of fear, doubt, or big change.
- - Thoughts like "I'm not ready" or "I might mess this up" are red flags.
- - You can learn to question those thoughts and choose differently.

 Why self-sabotage is often self-protection:

- - It's your brain trying to keep you safe — but safe doesn't always mean fulfilled.
- - You can honor the fear without letting it decide your future.
- - Growth begins when you show up anyway — even when it's messy.