

SABOTAGE MINDSET

DAVIDKINGSBURY.CO.UK



Sabotage Mindset

All or nothing, “fuck it”, start monday, “I’ve done this so...” It’s time to change these habits and build positive results driven decision making abilities.

We help you to build a bulletproof mindset, so you feel unstoppable with unwavering confidence.

How we help change this?

Uncover your reasoning for sabotage

We look at your individual reasons for either sabotaging your progress or not staying focussed. Once you understand the why it is much easier to talk yourself into keeping on track and in charge of the outcome.

Create an internal Q&A for you

After concluding your “why” for wanting to reach your goals and your “why” for what’s holding you back we can design a Q&A for you to run by yourself at moments of struggle for more clarity and focus.

Assess triggers

When do you struggle most? What causes it? We work with you to understand triggers and to create new habits around them. We then create trigger awareness tasks so you can see them for what they are and can adapt your response.

What does this look like for you?

You get simple questions to ask yourself in those moments to assess your choices

You get awareness of problem situations ahead of time to support decision making

How we track this?

Focus Survey

List 3 problem scenarios each week

We work with you to identify three problem scenarios that you typically encounter, these are times you struggle to stay focussed and on track.

Create 3 tools for overcoming these each week

We then work with you to design systems for overcoming these, these include self-talk questions, avoiding problem scenarios and overcoming solutions.

Recognise a score out of 5 for each in terms of preparedness to deal with the situation each week.

We then score these out of 5 as a measure of how prepared you are in the event of a problem scenario.

DIFFICULT
ROADS
LEAD TO
BEAUTIFUL
DESTINATIONS



Uncover the reasons

Self-sabotaging is an act of doing something against your best interest. If you struggle with this as a persistent problem, for some reason you are engaging the “self-destruct button” on your goals. Often it is a sign that your subconscious mind is fighting the future you that you are trying to create.

In order to make positive changes you need to understand that your self-sabotage is serving a purpose. There is a reason for it. And you have to be able to suspend judgment about the ultimate negative consequences of the behavior, and be understanding enough to see that it is serving a function that, at least in a limited sense, makes sense!

Here are some examples:

If you want to stop drinking so much alcohol, you need to compassionately understand that alcohol “works” to alleviate your stress after work.

If you want to stop stress eating, you need to compassionately see how stress eating “works” to make you feel less lonely.

If you want to stop procrastinating, you need to compassionately understand that procrastinating helps you avoid fear of failure (or fear of success).

Why we selfsabotage

Fear of failure.

Fear of failure is part of the puzzle as why we can self sabotage. We are worried we won’t make it so we don’t want to go all in.

you may have experiences where you’ve failed in the past, especially if the experiences were traumatic or had important consequences, like missing out on an important job

you’ve learned to fear failing through different situations

you’re a perfectionist

Fear of success.

This is often more powerful than fear of failure. As success comes from and creates change.

You might get unwanted attention

Public success may bring social or emotional isolation.

Your achievement might alienate those close to you

People might think you’re bragging or self-promotional.

You fear being knocked off the pedestal you didn’t want to be on in the first place.

Success may not provide what you had hoped

Success might change you, but not for the better.

Examples of self sabotage

Procrastination

Procrastination is one of the most common ways self-sabotage presents itself, because our minds have the tendency to prioritize instant, rather than delayed, gratification.

For example: You know you should be working on that important presentation which is due a week from now, but the instant gratification of browsing social media gives you the instant hit.

Substance abuse

Alcohol and substances help to alleviate stress, uncertainty, and other unpleasant emotions. However, long term they will create more stress, doubt and problems when it comes to reaching your goals.

For example: Getting into a habit of drinking three beers to unwind after work will have a negative impact on your sleep and therefore on your energy, mood and performance.

Stress eating

Emotional eating is something people do as a way of quickly shifting their emotional state. When we eat junk foods the reward circuits within our brains activate and release the chemical dopamine.

This can then lead to a “fuck it” moment.

Instead of seeing the set-back as a small bump on the road, you see it as a failure. This failure then leads you down the path of sabotage.

Negative self talk

The way you speak to yourself REALLY matters. If you tell yourself, "I'm not good enough," you take the confidence away from yourself that you need to achieve your full potential.

You may pass on opportunities or underdeliver and you rationalize this as not wanting the outcome or the changes that come with it.

Perfectionism

Holding yourself to a high standard is fantastic, unless it interferes with your ability to actually take action. If you are a perfectionist, you may want to complete tasks flawlessly, and you may also dismiss the importance of incremental improvements. In fitness this "all or nothing" approach is one of the biggest problems for self sabotage.



What we track.

Write down your 3 scenarios.

Score 1-5 each section

Weekly total = score



SCORE TOTAL