

Self-sabotage is indeed a real and complex behavior, often connected to other unwanted behaviors, where women undermine their own success and well-being, often subconsciously.

Let's dive into why it happens, how to recognize it, and what steps can be taken to stop it. I'll also share some scientific insights to back up these points.

Why Do We Self-Sabotage?

1. Fear of Failure: One common reason for self-sabotage is the fear of failure. When success feels daunting or exposes us to high expectations, failing feels like a safer option. Psychological studies indicate that this fear might be rooted in past experiences where failure led to significant emotional distress or criticism.

2. Impostor Syndrome: This occurs when individuals doubt their accomplishments and fear being exposed as a "fraud". This can lead to behaviors that undermine success, as they feel they don't truly deserve it. Research suggests that impostor syndrome is prevalent among high achievers and can lead to significant psychological stress.

3. Control: Self-sabotage can be a way to maintain control in situations where people feel success is uncertain. By sabotaging themselves, they can control the failure rather than having it come unexpectedly.

4. Self-Worth Issues: According to cognitive theories, if someone has low self-esteem, they might engage in self-sabotage to align their situation with their negative self-image. This behavior reinforces their beliefs about not being good enough.

How to Recognize Self-Sabotage: 5 Things

- 1. Procrastination:** Putting off tasks that could lead to success.
- 2. Negative Self-Talk:** Engaging in critical, self-deprecating thoughts that diminish one's ability to succeed.
- 3. Perfectionism:** Setting unattainably high standards that inevitably lead to failure or no attempt at all.
- 4. Avoiding Challenges:** Staying in the comfort zone and avoiding risks or new opportunities.
- 5. Self-Medicating:** Using food, alcohol, or other substances to cope with stress or potential success.

Strategies to Stop Self-Sabotage

- 1. Awareness:** The first step is recognizing and acknowledging self-sabotaging behaviors. Mindfulness and self-reflection can help identify these patterns.
- 2. Reframe Thoughts:** Cognitive-behavioral therapy (CBT) techniques can be effective in changing negative thought patterns. By challenging these thoughts, one can begin to see opportunities instead of obstacles.
- 3. Set Realistic Goals:** Breaking larger goals into smaller, manageable steps can reduce overwhelm and the impulse to give up.

4. Seek Support: Therapy or coaching can provide support and accountability. A professional can help address underlying issues like fear of failure or low self-esteem.

5. Celebrate Small Wins: Recognizing and celebrating progress helps build a positive self-image and counteracts feelings of impostor syndrome.

6. Develop Healthy Coping Strategies: Instead of turning to self-medication, finding healthy ways to cope with stress, such as exercise, hobbies, or socializing, can improve resilience. Use my yellow pad methodology. (See demo on video)

Scientific Backing

Research in psychology consistently supports the impact of cognitive-behavioral interventions in reducing self-sabotaging behaviors by changing the underlying thought patterns that contribute to these actions.

Additionally, studies on goal setting and motivation find that breaking down goals into achievable steps increases efficacy and reduces avoidance behaviors.

By understanding and tackling the root causes of self-sabotage, you can begin to create a more **empowering narrative** about your capabilities and worth.

Remember, lovely, every step you take toward understanding yourself is a step toward a more vibrant and fulfilling life. Let's embrace our full potential without holding back—this is how we live our lives in Full Bloom!