



How to Stop the Pattern of Self-Sabotage

By Ana Barreto

THE UNCONSCIOUS NEED TO PROTECT

Women self-sabotage more often than they care to admit, and we do it unconsciously. We are wired to seek happiness and avoid pain, as that's the core of human behavior. Self-sabotage is our unconscious mind's way of protecting us from being hurt, and in the process, also from gaining happiness. But is it really protecting us? The answer is, yes but only temporarily.

HAPPINESS IS THE GOAL AND THE JOURNEY

Our desire for growth or true happiness never really goes away. We don't see the behavior we do or don't see it as a self-sabotaging. Often we blame it on fate or conclude that it was someone else's fault.

Being late for meetings, keeping our opinion to ourselves, blaming the bad boss, procrastinating joining the gym, eating the whole cake, not dressing appropriately for an interview, forgetting a doctor's appointment, ignoring the late notices, are just some of the self-sabotage behaviors we fall prey to.

The act of self-sabotage only happens when we venture into something new, when we dare to look outside the flying zone. The comfort of our daily routines feed the fear of venturing into our dreams.

WE ARE ENOUGH

There is an underlying belief that is the root of self-sabotaging:
Deservedness.

Sometime ago, we gained the belief that we are not good enough, not smart enough, not pretty enough, not professional enough,

not lucky enough, not whatever enough to go after our dreams.

But we are!

We don't need to be protected, we need to be **happy!**

CHANGE STARTS WITH US

Although we may have 20, 30, 40 or even 50 years of conditioning thinking, feeling and acting as we are “not enough”, feeling **worthy** is possible. When we truly believe in the possibility, our self-sabotage behaviors begin to lose the hold on us. However, this is not an overnight job. The key is to interrupt the pattern that our unconscious self is used to and then create a new one. Repetition will be instrumental in creating the new habit of stopping protecting ourselves, seeking happiness and feeling worthy.

DOING THE WORK

The following exercise will do just that: create a new pattern. Take the time to follow the directions and be kind to yourself.

If you are struggling with the answers, you can also see the sample answers for the exercise following the questionnaire.

Find a quiet place like a park bench or deserted beach or garden to sit for a while. Ideally, you want to be in nature. Get a brand-new notebook and brand-new pen or pencil. This will tell the universe that you're ready for a new beginning.

Take a few minutes to connect with the space. Notice the beauty of the place, the sky, the grass, the birds, and the trees. Make it a point to list the beautiful things you see.



Then, write down your answers to the following questions.

Remember, there are no wrong answers. The more you write, the more you'll connect with your unconscious thoughts. Make sure you leave plenty of space between the answers, as you'll go back to review them later and may want to add more notes about what you discovered during the process.

1) Think back, and list all the difficulties that keep repeating in your life. Odds are you have one main theme happening already.

2) When did the difficulty start? How old were you? Where did you live? Who did you live with? Take time to write your answers, and don't discount anything that comes to mind.

3) If you were creating those difficulties, what possible reasons would you have for creating them? List all possibilities even if they seem unreal. Don't rationalize.

4) Now, list any judgments you have about each of the reasons (real or unreal) in your answers to question #3.

5) Read the reasons and judgments, and select the one reason that feels more likely to be true.

6) What negative feeling or thought do you have that is causing this difficulty?

7) Is this absolutely true?

8) On a new page in your notebook, reverse the feeling into a positive statement, and write the positive statement down nine times.

9) Imagine how it would feel to have your dreams. See in your mind how you would walk if you were living the dream. Would your posture be different? How would you feel? What words would you use to tell people what you are living in your imagination? Feel the positive emotions, and release any negative thoughts that may try to creep in.

Read the statement every morning, afternoon, and evening before bed for your subconscious mind to assimilate it into your life.

HERE'S AN EXAMPLE OF HOW THIS EXERCISE CAN WORK:

1) Think back and list all the difficulties that keep repeating in your life.

Answer: *I can't keep a job for more than 3–5 months. I quit or get fired.*

2) When did the difficulty start? How old were you? Where did you live? Who did you live with?

Answer: *It started when I went to work for company X. I was twenty-five years old and lived with my boyfriend.*

3) If you were creating those difficulties, what possible reasons would you have for creating them? List all possibilities even if they seem unreal. Don't rationalize.

Answer: *I don't want to work. I don't like to work. I want to win the lottery and be rich. I want to be self-employed.*

4) Now, list any judgments you have about each of the reasons (real or unreal) in your answers to question #3.

Answer:

I don't want to work—people who don't work are lazy.

I don't like to work—there's something wrong with people who don't like to work. They have no ambition.

I want to win the lottery and be rich—I'm more likely to be struck by lightning than win the lottery.

I want to be self-employed—I can't earn a full salary being self-employed.

There are no great jobs for me because I don't have a college degree—I'm stupid because I don't have a college degree.

I can count on my parents to pay my bills—only losers rely on their parents at age thirty.

I want a man to support me—husbands must support their wives.

I don't want to be out of the house all day—I can't find a part-time job that pays my bills.

5) Read the reasons and judgments, and select one reason that feels more likely to be true.

Answer: *There are no great jobs for me because I don't have a college degree.*

6) What negative feeling or thought do you have that is causing this difficulty?

Answer: *I feel shame, and I feel inferior because I don't have a college degree or a career at age thirty.*

7) Is this absolutely true?

Answer: *No, many people without college degrees have great jobs and full careers.*

8) On a new page in your notebook, reverse the feeling into a positive statement, and write the positive statement nine times.

Answer: *Statement: I feel confident I can find the ideal job for me with the help of my soul.*

9) Read the statement every morning, afternoon, and evening before bed for your subconscious mind to assimilate it into your life, even if you don't believe it yet. Stick to it and in time your subconscious will accept it as true.

SPECIAL NOTE:

In this example, one person may self-sabotage by not dressing properly for an interview or by being late, not following up or even saying the wrong thing to the prospective employer.

ADDITIONAL SUPPORT

Know that your soul will guide you to the right path at the right time. There is no need to self-protect. When you feel anxiety or frustration, focus on how you will feel when you are living your dreams.

For additional support, you can download free of charge “The Clarity Meditation” at www.ana-barreto.com/downloads. Use the code: rice

Let me know how this e-booklet and the meditation are working for you.

ABOUT ANA BARRETO

Ana Barreto is a personal development teacher living in upstate New York. Growing up in a strict home in Brazil inspired her to come to the United States and fight for women’s rights from a young age.

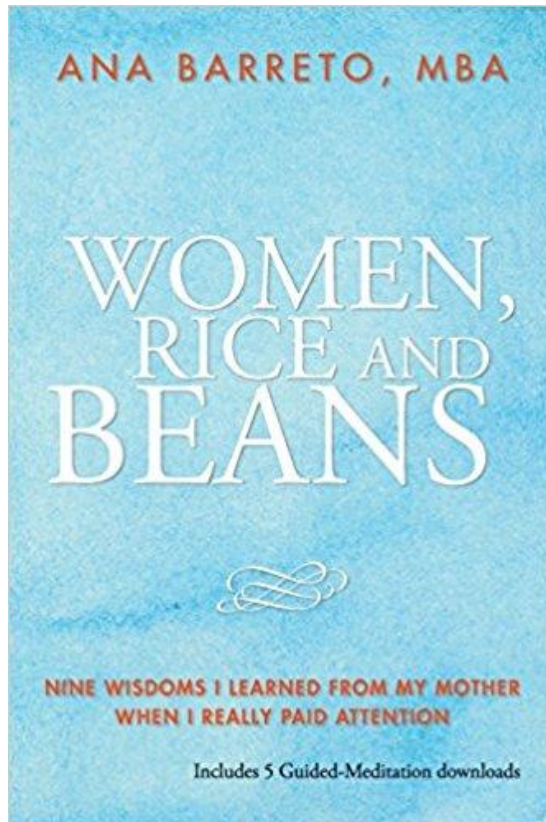
She has a degree in business marketing from Westchester Community College, a degree in business administration from Marymount at Fordham University, and a master’s degree in business administration from the University of New Haven.

Like many women, Ana was a stressed-out working mom for many years. She felt as if she couldn’t devote enough time to her children or to her career.

Using the organic management approach to life allowed her to change. She studied feng shui, Buddhism, and books by philosophers.

When Ana isn’t working, she likes to cook, travel, hike, bike, kayak, and spend time with her two daughters in their home designed using the principles of feng shui.





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If you enjoyed and benefit from it, you will love my book “Women, Rice and Beans – 10 Wisdoms of a Brazilian Mother for Easy Flow and Conscious Living” available in bookstores on October 29, 2016.

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