

Overcoming Self-Sabotage

**Use the power of your mind to stop
struggling and start fully living
with Gemma Stone**

Welcome!

I'm so glad you're here.

If you are losing confidence in yourself and becoming disconnected from your goals and dreams because self-sabotage has been getting in the way, you're in the right place.

Overcoming Self Sabotage is a free ninety-minute workshop and workbook {that's this!} where we will unpack the two most important questions about self-sabotage:

Why do we sabotage ourselves? How do we stop sabotaging ourselves?

I'm here to tell you, from twenty-years of experience as a psychology expert and forty years of being a human who has also struggled, it is possible for you to make the changes you want to make.

This workshop/workbook is for you, if you're experiencing at least one of these things:

1. There are changes you want to make, but part of you resists making those changes and struggles to make them stick.
2. You have damaging habits or destructive thought loops and want to break free from them.
3. You are excited to strengthen your emotional intelligence by understanding how your brain and your body are keeping you stuck.
4. You are ready to act in alignment with the person you want to be so you can step into your potential.
5. You notice self-sabotaging patterns of perfectionism, procrastination, self-doubt, people pleasing, avoidance or feeling not good enough {there are more self-sabotaging patterns, but these are the most common}.
6. You're ready to unhook from unhelpful habits, disconnect from destructive thought patterns and take your power back so you can step into the life you love.

At times, we all do things that undermine our best interest, strongest desires, and truest intentions.

Even the most savvy and sophisticated people get in their own way {often without realizing it}.

You are not alone and self-sabotage doesn't have to be such a prominent player in your life.

Overcoming Self-Sabotage is where you will learn how to unhook from self-sabotage so you can jumpstart lasting positive change.



Getting the right support

I know there is a life that you desire for yourself, a life you love. All my work in the world is to help you move from where you are now, to where you want to be. I have a whole lotta tools, techniques, and training to show you how to design, and live, a life you love.

Together, we'll be travelling companions as you bravely adventure into your heart, mind, and life ready to make the changes you want to make. I'm thrilled to be by your side for this!

If you're looking for more than what's offered here, you can check out [Unstuck](#) – my four week program that goes into much more depth than I'm able to offer here.

I want to clarify where my online resources fit in your life and where you might need an extra helping hand to find your way through.

I know that, if you're out to create meaningful change in your life, it's probably because something is not working. At times, when life isn't working the way we want it to, our thoughts, feelings, and behaviours can be difficult to sort through.

This workshop will offer up tools to develop self-awareness, deepen your relationships with yourself, and information about how to use the power of psychology to align more fully with the life you love.

My online programs are not a first line treatment for times when you're experiencing psychological distress. It isn't a substitute for face-to-face therapy or treatment from your medical professionals.

We all have bad days (because we are human and that's part of the gig), but there's a difference between a few bad days and a few bad months. If you are regularly struggling with your mental health, please seek professional support.

In this workshop you're going to find ideas and insight, comfort and connection, along with some practical strategies for you to make the changes you want to make.

I am so glad you're here.

**xx,
gem**



What is Self-Sabotage?

Self-sabotage is the behaviours or thought patterns that hold you back and prevent you from doing what you want to do.

Types of Self-Sabotage?

- Perfectionism
- Giving up responsibility
- Denial of self-care
- Burning out in hustle culture
- Self-created stress
- Addiction to drama
- Staying attached to mistakes
- Ineffective processes/routines
- Lack of resourcefulness
- Self-criticism
- Self-deprecating humor

- Focusing on flaws
- Unhelpful rules and expectations
- Poor emotional management
- Comparison to others
- Ignoring problems
- Overindulgence
- Emotional repression
- Denying pleasure
- Maintaining toxic relationships
- Always choosing comfort
- Refusing to try
- Hoping for a change without taking action

- Approval seeking
- Poor time management
- Procrastination
- Cynicism
- Lack of self-control
- Denying help
- Lying to yourself
- Martyrdom
- Willful ignorance
- Over-responsibility
- Loose boundaries
- Over-achievement
- Isolation
- Under-functioning
- Over-functioning

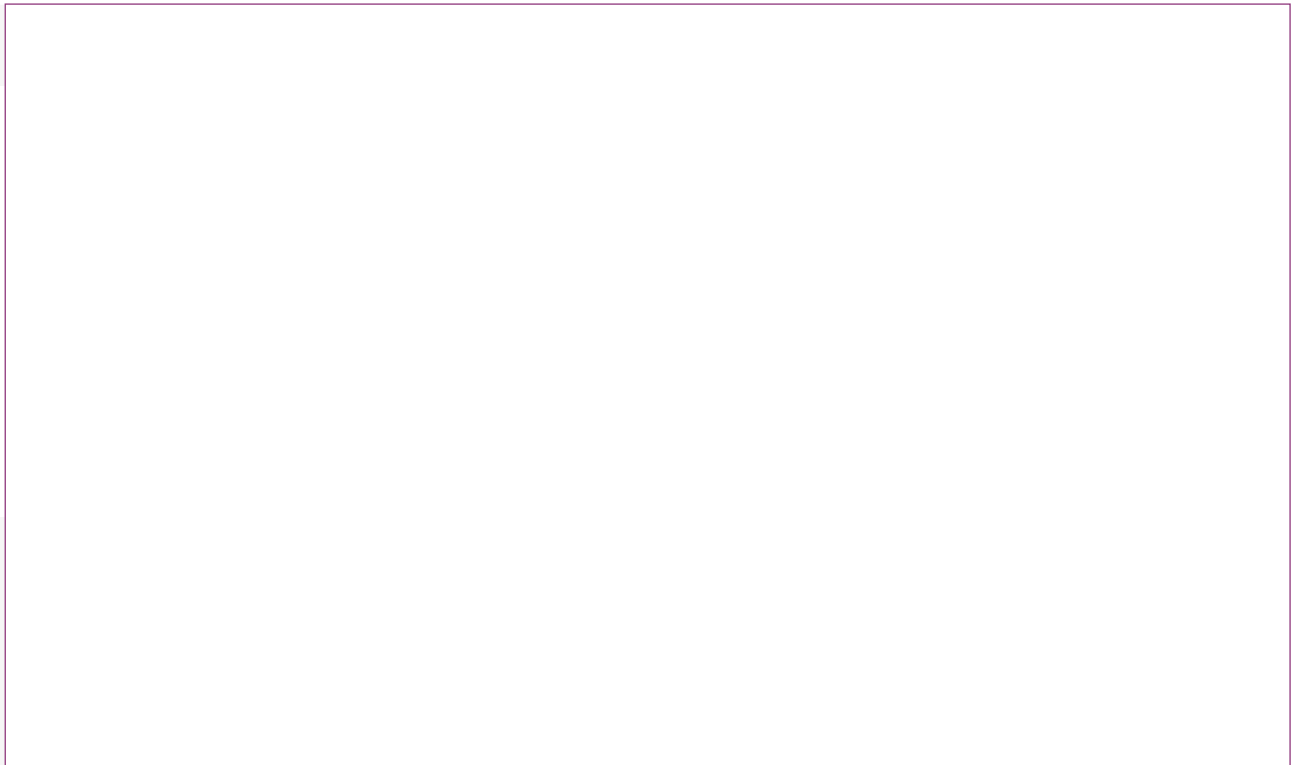
My special brand of Self-Sabotage is...



Why do we Self-Sabotage?

1. Patterns learned in childhood – limiting beliefs
2. Fear – failure, success, intimacy, rejection
3. Coping mechanisms of protection – parts battling themselves, triggers
4. Lack of mental alignment – hidden agenda, secondary gain, ANTS
5. Low self-worth, self-esteem, self-confidence
6. Imposter syndrome
7. Dopamine rush
8. Neurobiological impulses

When I think about all the different causes of self-sabotage, the ones that resonate the most for me are ...



How do we stop Self-Sabotage?

First, we have to be in the right place to be ready to make the changes we need to make.

Stages of change

1. Precontemplation: no intention of changing behaviour. *"No, not me."*
2. Contemplation: aware a problem exists, but with no commitment to action. *"Well maybe"*
3. Preparation: intending to take action to address the problem. *"Yes, me. What do I do now?"*
4. Action: actively making changes. *"Let's do this! I am ready."*
5. Maintenance: making sustainable changes where new behaviours are replacing old behaviours. *"I'm doing it! I'm doing it!"*
6. Relapse: fall back into old patterns of behaviour. *"Ugh. I got off track"*

Yes, relapse is part of the process. But, there is good news!

Each time we relapse, we have the potential to learn something new that can strengthen our success as we try again.

It's called the upward spiral.

As long as we stay conscious, we can continue to make progress as we spiral up and out of the places we are stuck.

What stage are you in right now?

Have you relapsed before? If yes, what did you learn?



Creating awareness and alignment

How and where is self-sabotage showing up in your life?

How do you feel when you self-sabotage?

What is self-sabotage stopping you from doing?

What is self-sabotage costing you?

What or who is self-sabotage pushing you away from?

Who is self-sabotage causing you to be?

How is self-sabotage affecting your relationships?

How is self-sabotage affecting how you see yourself?

If you weren't spending your time self-sabotaging, what could you be doing instead?

How would you feel about yourself if you were to self-sabotage less?

How would your sense of identity change if you were no longer defining yourself by self-sabotage in this life area?



See yourself free to set yourself free

Imagine what's possible for you when you get unstuck from self-sabotage ...

Close your eyes, place one hand on your heart and one hand on your belly.

Breathe into your belly.

Take a moment to see yourself free to set yourself free.

Visualise the area of your life that's most affected by self-sabotage.

Now, imagine that's the area of your life where you take self-supporting actions, instead of self-sabotaging ones.

What are you doing?

What are you not doing?

How do you feel?

Who are you being?

What values are you living by?

When you feel ready, open your eyes and take the feeling of your freedom with you into your day.

What did you see that set yourself free?



Coping mechanisms of protection

Self-sabotage is the result of becoming blended by two parts with the opposite behaviours and the same goal: safety

Firefighters:

the parts that seek to stamp out unpleasant conflict through self-sabotaging behaviour.

Example: drink to deal with a break-up, go shopping to deal with stress at work, binge eat to distract ourselves from unpleasant memories.

The firefighter's intention is to solve a problem, to put out a fire, but, they end up causing harm and creating more problems.

Why? They developed strategies to deal with situations that threatened our psyche.

Get to know your firefighter. What does it look like? What does it feel like? Where in your body is it?

What purpose is self-sabotage serving? How is it trying to help you?

What is it trying to protect you from? What triggers it?



Managing ANTS

If you notice yourself getting off track—avoiding, procrastinating, feeling overwhelmed—what's something comforting you could say to yourself to get your mind back on track?

Choose 1-3 very tiny goals for overcoming self-sabotage this month.
Very small. Realistic. Gentle.

- 1.**

- 2.**

- 3.**



Dropping Dopamine

Celebrate! To give yourself a pleasurable dose of dopamine (in a healthy way), once you complete your tiny liberation goals, what will you do to celebrate?

1.

2.

3.

Your life is your home, from birth to death.
It's worth it to invest in making it one you adore.

No matter what's going on, it's never too late to reconnect with the life you love, to start making small changes and to start feeling better.

I'm here for that.
I'm here for you.

**All love,
gem**



Thanks for joining us for this free workshop

Feel free to share a section of this workbook, wherever you like.

Your blog, your book, all over your social channels, in your holiday greeting card – share it with friends, family, and students.

It's all good and I'm grateful for your help in spreading the love.

Just use my full name and kindly link back to my website: GemmaStone.org.

If you'd like to publish the entirety of this workbook in a book, magazine, on a website, or any other platform—or if you'd like to use this worksheet in a commercial/for-profit context – please email: gemma@gemmastone.org to request permission first.

#pleaseandthankyou

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Want more?

I got you covered...

If this free workshop and playbook rocked your magnificent world, there's plenty more where that came from.

Three things you can do next:

1. Hop over to my [website](#) and explore all of my musings and life lessons on choosing love over fear, mastering your mindset, managing your mental health, and using the magic of psychology to live a life you love and add love to the world. To receive a little more love in your inbox, you can sign up for my [Sunday Love Letters](#) – they are packed with inspiring true stories, psychological strategies, and a few of my favourite things.
2. Register for [UNSTUCK](#) – transforming self-sabotage into self-mastery. It's a one-month online program where we dive deeper into everything we've covered here and so much more: enhancing self-awareness and self-control, clearing away sabotaging subconscious stories, and releasing unconscious fears that are limiting your potential so you can access your full power, confidence, and self-trust. ***Because your life is too precious to waste another moment feeling stuck.***
3. Prance over to your inbox and pop gemma@gemmastone.org into the address line, and let me know if you have any questions. Also! If this workshop – or any of my work in the world – made your day, triggered an epiphany, or helped catapult you forward, tell me about it.

Here's my dream for you ...

... the freedom to do the things you want to do, follow-through on what matters most, keep your promises to yourself, and, feel damn proud that you are creating a life you love every day.

No one on earth can do what you do, in precisely the way that you do it.
You are precious and our world needs your special brand of magic.

Thank you for being in my orbit.

xx,
gem



About the author - Gemma Stone



I got you covered...

Gemma Stone is a Harvard trained neuroscientist, registered psychologist, author, speaker, and lover of life. Gemma is laser focused on helping people build emotional intelligence and resilience so they can navigate the hard things that happen and live a life they love.

She's been working in the field of psychology for over twenty years. Her formal training, degrees, certifications, and licenses range from psychology to executive coaching, to hypnotherapy, to neuro-linguistic programming, to yoga instruction.

In addition to her psychology practice, she facilitates retreats in the Rocky Mountains {now online} and consults with organizations internationally.

She is the author of ***Your Great Life**: a soulful and strategic guide to designing a life you love* and has supported thousands of people creating lives they love.

When she's not working, you can find Gemma adventuring the world with her two Suns, making homemade dark chocolate treats, or curled up in a corner with a book.

Want to know the messy human story that brought Gemma to this work?

Here's a slice of her story.

On my twenty-fifth birthday, while soaking in a bubble bath, sipping on champagne, and nibbling on chocolate, I started to cry.

I didn't like myself. I didn't like my life.
In that moment, I realized fear was controlling me ...

- ... fear of not being enough {pretty enough, skinny enough, rich enough, smart enough}
- ... fear of vulnerability
- ... fear of rejection
- ... fear of failure

I had built my life on a foundation of fear and I was depressed, anxious, and unfulfilled. From that moment forward I devoted myself to living from love instead of fear, and helping others do the same.

I won't get into the nitty-gritty details, but suffice it to say, I know what it means to let fear dictate your every decision.



I've felt the devastation of depression.
Sexual abuse darkened my childhood.
An eating disorder stole a portion of my adolescence.
Post-traumatic stress disorder, addiction, and panic attacks
Thoughts of suicide and crippling debt stifled my early adulthood.

Why am I telling you this?

Because I want you to know you are not alone ... and that transformation – of the most miraculous kind – is absolutely possible.

About 20 years ago, I began to slowly and deliberately rewire my core beliefs. I became laser focused on building emotional intelligence and resilience. I started reframing – and eventually releasing – my fears.

I knew I needed to learn how to deal with the hard and horrible things life throws our way, so I could become stronger than I was before and become free to live a life I love and add love to the world.

I applied these concepts to my life and mind, in practical ways. It transformed my world.

Today my life is anchored in love. In my psychology practice and consulting work, I've helped thousands of people resolve their past trauma, fall in love with their lives, and step into futures they've only dreamed about.

Rest assured, every lesson I've learned, I've learned for me and for you.

Thank you for being here, without you, my purpose would have no place to land.

**xx,
gem**