Day 11: Today's Lesson: How self sabotage and self betrayal stop you from trusting yourself

Today is all about "How self sabotage and self betrayal stop you from trusting yourself"

"Any time we do not follow our intent we are self sabotaging or betraying ourselves. There is a part of our brain (subconscious) that is trying to keep us safe and in familiar patterns." This is a quote from the Holistic Psychologist and if you don't know who that is, google her or follow her on social media. She has a wealth of information including a book called How To Do The Work.

Self sabotage is when you spend more time keeping yourself stuck or avoid taking action as opposed to doing things that will take your life in a direction you want to go. This is a coping mechanism that helped you to survive. It's likely a childhood pattern and it's the voice that tells you can't have something or you aren't worthy of getting what you want so you unconsciously do or say destructive things to reinforce you are right and that you can't have what you want.

Self sabotage comes into play so we don't have to face our fears, we can stay rooted in something that feels comfortable but doesn't allow us to move forward. It sometimes can feel easier to stay in the familiar pattern instead of looking at what we think is going to be really painful. But when we get to the root of it, it's usually about feeling unworthy of love or that there is something wrong with us.

So here is the cycle of self sabotage:
-First you become triggered where you may have uncomfortable thoughts or feelings.

-Then you may become overwhelmed.

-The next part of the process is you do something that distracts you from doing the thing you know you need to do. And really the purpose of this is to soothe your mind so you can have some relief.

-But then you could wind up feeling guilty that you haven't done that thing you need to do and you may wind up judging yourself or criticizing yourself.
This creates the pattern and cycle of self sabotage and keeps us stuck and in an unhealthy pattern.

Self sabotage could look like:

-Fear of success or failure
Which could be staying small and not speaking up when you have something of value to say. Not being all you can be so you don't surpass someone else.

-Fear of commitment or procrastination. Waiting until the last minute to do something that you know will benefit you but you are looking for something to avoid doing it.

-It could look like a lack of self worth or avoiding emotional discomfort.

-Over explaining or letting other people cross your boundaries and agreeing to things you don't want to do.

-Basing your worth on the approval of others.

-Not asking for help when you need it.

-Being self critical.

-Abandoning your own needs and not showing up for yourself.

-Chronic lateness.

-Self medicating with drugs, alcohol or emotional eating.

-Overthinking is also a form of self sabotage.

Thoughts running through your head could sound like:
I'm not ready.
I can't do this.
I don't have everything I need to start this.
I've never been able to do this before, what's different now?
I don't trust myself.

So here's an example, I got the message growing up that I wasn't smart, so I unconsciously internalized that and it became a part of my belief system. I was then operating under that belief. I didn't do well in school, I wound up not testing well and going through my whole childhood thinking I wasn't intelligent because I didn't know the answers.

When you listen to the comparisons, you wind up believing what is said and then make choices based on the information you now think to be true. So if I don't think I'm smart, I'm going to sabotage myself and every time I take a test in school or every time I answer a question wrong I am confirming that I'm not smart. Every time I don't know what something is and I ask, I feel less than, not capable, all while proving to myself that the inner dialogue I have going on in my head, that I'm not smart, is really true.

You can live your whole life thinking something about yourself that isn't true if you don't take the time to really become aware of your thoughts and your patterns.

You decide what you are, and you have to stop listening to what other people have said to you. When people say things, it's based on their opinions and their perceptions. Why are they right and you aren't? Maybe they think that they aren't smart and they are projecting their belief onto you. When people are unconscious or it feels too painful to look at their own fears about themselves, they then tell you that you aren't smart so they don't have to deal with their own insecurities. They give it to someone else….and you don't have to believe it. But you do need to be aware this is happening. It's why it's so important to consciously look at the unhealthy thoughts and inner dialogue that are going on in your head.

This can also apply if you witnessed something a parent or guardian did. If your mother had low self esteem and she didn't feel worthy of creating the life she wanted then you got the message that you probably aren't worthy of having what you want either.

Self sabotage doesn't feel good and keeps us stuck from achieving our dreams, goals and intentions. It is possible to break the pattern…here are some ways to stop self sabotaging in order to create a life you love.

1. The first step is to become aware of the cycle. Take time for self reflection. You could journal, check in with yourself to find out what is keeping you stuck.

2. Set goals for yourself and take small steps to achieve them.

3. Celebrate yourself along the way.

4. Identify alternative healthier behaviors that can help you to attain the outcome you are looking for.

5. Stop comparing yourself to others and engage in positive self talk. Know and embrace your strengths, when you focus on your positive traits rather than negative ones, this can help you increase your confidence, self worth and self love.

6. Get comfortable with being uncomfortable. Get out of your comfort zone often and make it a practice to do it. This will exercise your ability to start doing things that are best for you even if it feels really uncomfortable. The more you do it, the easier it gets.

Make a decision that what you have seen or what you've been told isn't necessarily true and know that this process is to find new ways of coping. Be kind to yourself, you've suffered enough and it's time to look at whether you are you reacting to the life you've been living or are you creating the life you want?