

Squiggly Careers PodSheet



How to stop self-sabotage

What is self-sabotage?

Saboteurs are the voices in our heads that generate stress and negative emotions in the way we handle work and life's challenges.



They sabotage our potential for both happiness and performance.

What is your source of self-sabotage?

Neuropsychologist [Judy Ho](#) splits self-sabotage into 4 different LIFE categories - *which feels familiar for you?*

- Lower self-esteem (thinking you don't deserve good things)
- Internalised beliefs (and finding it hard to shake them)
- Fear of the unknown (and self protection)
- Excessive need for control (preferring that to anything else)

How does your saboteur show up?

[Shirzad Chamine](#) identified the most common saboteur profiles. Scan and select the profile below that feels most like you and take the free saboteur survey at [positiveintelligence.com](https://www.positiveintelligence.com) to compare results.

- Avoider** - avoids difficult and unpleasant tasks and conversations
- Controller** - anxiety based, needs to take charge and control situations
- Hyper-Achiever** - dependent on constant performance and achievement for self-respect and validation
- Hyper-Rational** - intense focus on rational processing of everything, including relationships
- Hyper-Vigilant** - continuous anxiety about the risk of things going wrong
- Pleaser** - seeks acceptance by helping or flattering others often at the expense of their own needs
- Restless** - constantly in search of greater excitement and non-stop busyness
- Victim** - extreme focus on internal feelings and uses emotion to gain attention and affection.
- Stickler** - driven by perfectionism, process and order.

Ideas for Action

1 Put self-sabotage under the spotlight

Understanding your self-sabotage and the excuses you make to justify it increases awareness and encourages you to be accountable.

Ask yourself

What's the self-sabotage activity I do?

What's my excuse for it?

What's the consequence of this behaviour?

2 Break the cycle

Pick an unhelpful cycle you want to break. Imagine someone you care about about was stuck in that cycle. Write down, in no more than 5 steps, what instructions you would give them to stop self-sabotage.

3 Reward yourself

Pick something that feels meaningful and motivating for you to work towards to encourage commitment to stopping your saboteur.

When I Then I....

Coach Yourself Questions

How has self-sabotage held you back at work?

What actions will you take to stop your saboteur?

Recommended resources



[Sabotage: How to silence your inner critic and get out of your own way](#)

A short read by Emma Gannon



[Self-sabotage](#)

The School of Life's interesting take on sabotage.



[How to develop career confidence](#)

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