

Recognising your sabotage



Recognise your personal brand of sabotage

This worksheet will ask you some questions to get you thinking about what your brand of sabotage is and where you're experiencing an upper limit problem in your life.

Where in your life are you currently experiencing an upper limit problem?

How does it feel to you to experience long periods of joy?

What's your earliest memory of being uncomfortable experiencing too much joy?

How do you sabotage yourself when things are going well? (e.g. creating problems/drama, spending too much money, becoming unwell, starting arguments, feeling guilty, worrying for no reason, excessive negative thinking)

Are you willing to increase your tolerance levels for how good your life can be?

What can you do today to move yourself through your upper limit problem?

What can you do today to experience prolonged periods of happiness?

How can you ensure you can catch yourself out before the sabotage really kicks in?

Is there anything else you can do?

****Notes page****