

Self-Sabotage Worksheet

This worksheet aims to help individuals identify and address self-sabotaging behaviors. It serves as a tool to understand underlying causes and develop strategies to overcome these patterns.

Name: _____ Age: _____

Gender: _____ Date: _____

I. Identifying self-sabotage behaviors

Describe any recent situations where you believe you engaged in self-sabotage:

What specific behaviors did you exhibit that were self-sabotaging?

- ☐ Procrastination
- ☐ Negative self-talk
- ☐ Avoiding challenges
- ☐ Perfectionism
- ☐ Others (please specify):

II. Understanding the root causes

Reflect on why you engaged in these self-sabotaging behaviors:

Have you experienced similar patterns in the past?

What emotions or thoughts do you associate with these behaviors?

III. Impact on life and goals

How have these self-sabotaging behaviors affected your personal life?

What goals or aspirations have been impacted by these behaviors?

IV. Challenging self-sabotage

List specific ways in which you can challenge and change these behaviors:

What alternative, positive behaviors can you adopt?

V. Setting personal goals

Define clear, achievable goals to overcome self-sabotage:

For each goal, outline specific steps you plan to take:

VI. Seeking support

Identify people or resources that can support you in overcoming self-sabotage:

How will you seek and utilize this support?

VII. Reflecting on progress

Schedule dates for regular reflection on your progress:

During each reflection, assess improvements and challenges:

Health professional's observations, recommendations, and notes:

Name of health professional:

Signature of health professional:

Name of practice: