Self Sabotage Journal Prompts

1. What are some common self-sabotaging behaviors or patterns that I engage in?

Ways we self-sabotage may include:

- Acting passive-aggressive
- Attacking others or getting angry to hide shame
- Avoiding conflict
- Being a perfectionist
- Being impulsive
- Being overly controlling
- Being sarcastic
- Blaming
- Bullying others
- Feeling as if you have no needs
- Giving too much or too little
- Overspending
- Overworking
- People-pleasing and changing yourself for someone else’s approval
- Playing the victim
- Pushing people away
- Seeking attention
- Self-harming to soothe yourself
- Self-loathing
- Using alcohol, drugs, food, or other substances to cope
- Withdrawing

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2. When did I first start noticing these self-sabotaging behaviors or patterns, and how have they affected me throughout my life?

3. What are some of the underlying beliefs or fears that drive my self-sabotage? What would I tell a dear friend who has the same belief?

Common negative beliefs include:

- "I'm not good enough"
- "I don't deserve happiness/success"
- "I always fail"
- "I'm not attractive/likable"
- "I'm not smart enough"
- "I'm a burden to others"
- "Success is impossible for me"
- "Nobody cares about me"
- "I'm a loser/failure"
- "I'll never be happy"

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4. How do these beliefs or fears hold me back from achieving my goals or living the life I desire?

5. In what ways do I engage in self-sabotage to avoid uncomfortable feelings or situations?

6. How has self-sabotage affected my relationships with others?

7. What triggers my self-sabotage and how can I become more aware of these triggers?

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8. What are some past experiences or traumas that may contribute to my self-sabotaging behaviors?

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9. What are some positive coping mechanisms I can use instead of engaging in self-sabotage?

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10. How can I improve my self-esteem and confidence to reduce self-sabotage?

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11. How can I practice self-compassion when I engage in self-sabotage?

Some self-compassion statements you can repeat to yourself include:

- It's okay to make mistakes; I'm only human.
- I deserve love and kindness, just like everyone else.
- I am doing the best I can in this moment.
- My feelings are valid and important.
- I am proud of myself for trying, even if I didn't achieve my goal.
- I am constantly learning and growing, and that's a good thing.
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12. What are some healthy boundaries I can set to prevent self-sabotage? (e.g. a time limit for social media use, create a budget and stick to it, saying "no" to commitments that don't align with my priorities, etc.)

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13. How can I identify and challenge negative self-talk that often leads to self-sabotage?
The following are some prompts to help you challenge your limiting beliefs:

- What evidence do I have that supports this negative belief?
- What evidence do I have that contradicts this negative belief?
- How would my life be different if I didn't believe this negative thought?
- Can I think of any past situations where this negative belief was proven wrong?
- What would my best friend or someone I love say to me if they heard me expressing this negative belief about myself?
- What is the worst possible outcome of challenging this negative belief?
- Have I looked at all the possibilities, or am I only focusing on the negative?
- Can I find any positive aspects or silver linings in this situation?
- Is there any way I can reframe this negative belief into something more positive and empowering?
- What actions can I take to challenge this negative belief and replace it with a more positive and helpful one?

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14. What are some practical steps I can take to break free from self-sabotaging habits?

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15. How can I build a support system to help me overcome self-sabotage?

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16. How can I incorporate self-care practices into my routine to reduce self-sabotage?

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17. What are some ways I can practice mindfulness and stay present in the moment to reduce self-sabotage?

The following are some ways to practice mindfulness:

**Mindful breathing:** Focus on your breath and observe every inhale and exhale. Pay attention to how it feels as the air enters and leaves your body.
**Body scan:** Close your eyes and slowly move your attention from the top of your head down to your toes, noticing any sensations or tension in each part of your body.

**Mindful eating:** Slow down and savor each bite of food, paying attention to its texture, taste, and smell.

**Mindful walking:** Walk slowly and deliberately, paying attention to each step you take, how your feet feel on the ground, and your surroundings.

**Mindful listening:** Listen with intention, focusing fully on what the other person is saying without interrupting or planning a response.

**Mindful journaling:** Write down your thoughts and feelings without judgment, observing them from a distance.

**Mindful meditation:** Sit quietly and focus on your breath or a word or phrase, letting thoughts come and go without getting caught up in them.

18. What are some unhealthy coping mechanisms I need to let go of to overcome self-sabotage?
19. How can I set realistic goals and expectations for myself to reduce self-sabotage?

20. What are some positive affirmations that can help me overcome self-sabotage?

The following are some examples:

- I am worthy of success and happiness.
- I trust in my abilities and know that I can achieve my goals.
- I release all negative self-talk and focus on positive thoughts.
- I am in control of my thoughts and actions, and choose to act in my best interest.
- Every challenge presents an opportunity for growth and learning.
- I give myself permission to make mistakes and learn from them.
- I deserve to be happy and fulfilled in all areas of my life.
- I trust the journey of my life and know that everything happens for a reason.
- I honor and respect my own needs and desires.
- I am capable and worthy of achieving my dreams.
21. How can I practice gratitude to shift my mindset away from self-sabotage?

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