



**FaithWorks Counseling**

Dr. Debbie Harnois  
2901 University Avenue, Suite 17  
Columbus, GA 31907  
706.366.9691  
[www.FaithWorksCounseling17.com](http://www.FaithWorksCounseling17.com)

---

---

## Am I Self-Sabotaging?

*This handout is not about judging yourself. It's about noticing patterns with curiosity and compassion. Everyone gets stuck sometimes — this helps you figure out why.*

### What Is Self-Sabotage?

Self-sabotage happens when our actions (or avoidance) get in the way of what we actually want or what would be healthy for us—often because of fear, overwhelm, or self-doubt.

Sometimes it looks like procrastination, avoidance, overthinking, or being hard on yourself.

### Step 1: What Is the Situation?

What decision, goal, or situation are you feeling stuck on?

---

---

### Step 2: What Do I *Want* Deep Down?

What is the outcome you truly want for yourself in this situation? (If you're not sure, write not sure.)

---

---

### Step 3: What Am I Doing Right Now?

Check any that apply:

- ☐ Avoiding the decision
- ☐ Overthinking or replaying it in my head
- ☐ Putting it off until I feel "ready"
- ☐ Telling myself I'll mess it up
- ☐ Doing nothing because it feels safer
- ☐ Taking small steps forward
- ☐ Asking for help or information
- ☐ Other: \_\_\_\_\_

#### Step 4: Is This Self-Sabotage or Self-Protection?

Sometimes waiting is not sabotage—it's self-protection.

Answer honestly:

- Am I avoiding this because I'm scared, overwhelmed, or doubting myself?  
☐ Yes   ☐ No   ☐ Not sure
- Am I giving myself time because this is a big decision that matters?  
☐ Yes   ☐ No   ☐ Not sure
- Do I have enough information or support yet?  
☐ Yes   ☐ No   ☐ Not sure

#### Step 5: What Thoughts Might Be Getting in the Way?

Check any thoughts you notice:

- ☐ "I'll make the wrong choice."
- ☐ "I should already know what to do."
- ☐ "If I wait, that means I'm weak."
- ☐ "If I decide, something bad will happen."
- ☐ "I don't trust myself."
- ☐ Other thoughts: \_\_\_\_\_

#### Step 6: Reality Check

Answer these gently:

- Have I handled hard decisions before?   ☐ Yes   ☐ No   ☐ Not sure
- Am I expecting myself to be perfect?   ☐ Yes   ☐ No   ☐ Not sure
- Would I judge a friend this harshly?   ☐ Yes   ☐ No   ☐ Not sure

#### Step 7: What Would a *Small* Healthy Step Look Like?

Self-sabotage usually looks like all-or-nothing thinking.

One small step I *could* take (not the final decision):

---

Examples:

- Getting more information
- Talking it through with someone safe
- Writing pros and cons
- Setting a future date to decide

## Step 8: Self-Compassion Check

Finish one sentence:

- Even if I don't decide today, I am still \_\_\_\_\_

### Reminder

Not making a decision right now does not mean you are failing. Taking time can be part of making a thoughtful, healthy choice. Growth doesn't mean rushing. It means listening to yourself with honesty and care.

### Helpful Scripture

*Trust in the Lord with all your heart and lean not on your own understanding: in all your ways submit to Him, and He will make your paths straight.* Proverbs 3:5-6 (NIV)

*He who began a good work in you will carry it onto completion.* Philippians 1:6 (NIV)

*For God has not given us a spirit of fear, but of power, love and a sound mind.* 2 Timothy 1:7 (NIV)