



## FaithWorks Counseling

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## 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?

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### 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.)

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### 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: \_\_\_\_\_

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#### 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):

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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

*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)

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