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Weekly Self-Sabotage Behavior & Trigger Log

Name: _____ Week of: _____

Instructions: Each day, record any situation where you noticed self-sabotaging behaviors. Include details about what happened, what you felt, the trigger(s), and what you did next. At the end of the week, reflect on patterns, common triggers, and helpful strategies.

Date	Situation/Event	Trigger(s) (Internal or External)	Self-sabotaging Behavior

Thought Before	Emotions (Rate 1-10)	Outcome/Consequence	Alternative Action (Next Time)

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End-of-Week Reflection

1. Most common triggers I noticed this week:

2. Most common self-sabotaging behaviors:

3. Emotions I experienced most often when sabotaging myself:

4. Strategies or alternative actions that seemed helpful:

5. My goal for next week to reduce self-sabotage:

Weekly Self-Sabotage Behavior & Trigger Log – Example

Date	Situation / Event	Trigger(s) (<i>internal or external</i>)	Self-Sabotaging Behavior	Thoughts Before	Emotions (<i>rate 1-10</i>)	Outcome / Consequences	Alternative Action (for next time)
Mon 8/5	Got email from boss about project deadline	Fear of failure, perfectionism	Procrastinated all afternoon	"I'll mess this up, so why start?"	Anxiety 8	Deadline became tighter, more stress later	Start with a small 10-min task to get momentum
Tue 8/6	Argument with partner in the morning	Feeling criticized	Skipped lunch and overate junk food later	"I can't deal with this right now"	Sadness 7, frustration 6	Felt sluggish, more irritable	Take a walk to cool down before eating
Thu 8/8	Saw friend's success post on social media	Comparison, low self-worth	Canceled workout	"What's the point? I'll never be that good"	Envy 6, shame 5	Missed stress relief, felt guilty	Remind myself of my own progress, still do workout
Sat 8/10	Free day with no plans	Boredom, lack of structure	Spent 6 hours scrolling online	"I'll start something productive later"	Restlessness 5	Day wasted, felt unaccomplished	Plan 2 small enjoyable activities for open days
Sun 8/11	Prepping for work week	Feeling overwhelmed	Stayed up late binge-watching TV	"I need to relax, I deserve it"	Fatigue 6, anxiety 7	Less sleep, harder Monday	Use relaxation that still lets me rest early

End-of-Week Reflection — Example

1. Most common triggers I noticed this week:

- Fear of failure
- Feeling criticized
- Boredom

2. Most common self-sabotaging behaviors:

- Procrastination
- Skipping healthy habits (workouts, balanced meals)
- Overusing social media

3. Emotions I experienced most often when sabotaging myself:

- Anxiety
- Sadness
- Restlessness

4. Strategies or alternative actions that seemed helpful:

- Breaking big tasks into small steps
- Taking walks to reset my mood
- Planning enjoyable activities in advance

5. My goal for next week to reduce self-sabotage:

- Start all work tasks with a 10-minute warm-up step
- Keep my phone in another room during focused work time