

Mel



Mel Coach Mel

## SELF-SABOTAGE QUIZ





## 1. Self-worth is not believing you're worthy of success

You can work hard, aim high and try to be successful, but you get what we call cognitive dissonance. Reality doesn't match your perception of yourself. By viewing yourself as flawed or worthless, you self-sabotage whatever it is you're doing to get rid of that dissonance to get back to that equilibrium that happens all the time.

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## 2. Creating Control

Sometimes self-sabotage is about creating control when you don't feel you have control over a situation. If I self-sabotage, then at least I know I've created the failure, rather than just waiting to fail because I have no faith in myself, and therefore, I assume I'm going to fail. If I create the failure, then I'm in control.

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### 3. Imposter Syndrome

Imposter syndrome is that feeling that you're not good enough for that job or that movie role. Everyone feels like they've got imposter syndrome even the greatest people throughout the world. Imposter syndrome is a very real and common fear and while that's perfectly normal, it's when it translates into self-sabotage that it becomes a problem.

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#### 4. Self-sabotage can be a handy scapegoat

If you self-sabotage something, then you can blame the action instead of yourself. For example when you're late for a job interview and you list a range of reasons why you couldn't get to the interview. You can put the blame on these reasons so you wouldn't have to worry about if you got the job or not had you turned up for the interview. If all these things were prepared from the start and you weren't self-sabotaging, they wouldn't happen.

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## 5. Familiarity

Sometimes you just get so used to self-sabotaging, that you don't know any other way, and it becomes your comfort zone. For example, if I start a diet, and I do it for a week, and haven't lost 10 kilos, I lose motivation, and I go back to eating chocolate on the couch and not exercising because that feels comfortable. Familiarity is about you always doing what you've always done and that's not okay. If you want to improve and move forward, then you have to actually change the way you do things. You can't do what you've always done, and expect a different result.

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## 6. Boredom

Sometimes attracting drama is a form of self-sabotage. Some people get bored, they've got nothing else in their lives so they create and manifest drama to make themselves feel alive.

Ask yourself, "what am I doing to create this reality? How am I influencing the situation to make this happen?"

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If you want to explore these concepts further or need any assistance at all, please reach out to me. You can email me at [mel@coachmel.com.au](mailto:mel@coachmel.com.au).

**Notes:**

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