

# Decreasing Self-Sabotage

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the Fasting Method

# Let's make sure we are on the same page...

- What is SELF-SABOTAGE?
  - Thoughts or behaviors that hold you back from pursuing what you want/know is good for you
  - Barriers you throw into your own path
  - Often happens without consciously deciding
  - When it happens consistently, can be considered a form of "psychological self-harm"
- You are not broken or messed up or stupid for doing it!
  - Even highly successful people self-sabotage
  - It is a result of how our human brain works, not weakness

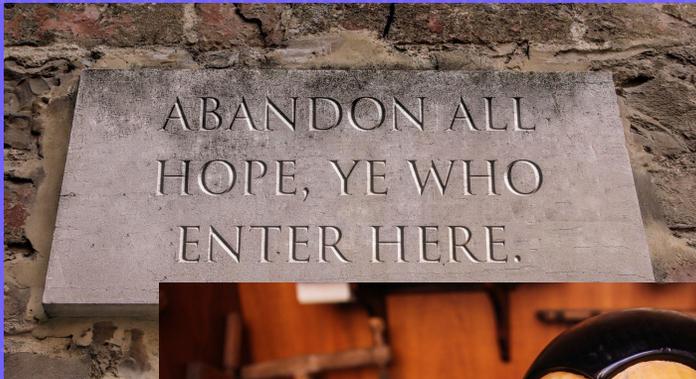


# What happens when we self-sabotage ...

- Something triggers the mind to perceive threat or pressure that your mind then wants to relieve
  - Your brain attempts to provide relief by engaging in pattern that will temporarily ease the discomfort despite the longer term consequence
  - Sometimes your movement toward success triggers self-sabotage
    - Nearing success seems like justification to re-engage with the problematic behavior
    - Fear of FAILURE or SUCCESS can both create tension
- Sometimes you very consciously choose to do the problematic behavior because of external events or triggers
- Other times you may be unaware of the reason you move into the problematic behavior



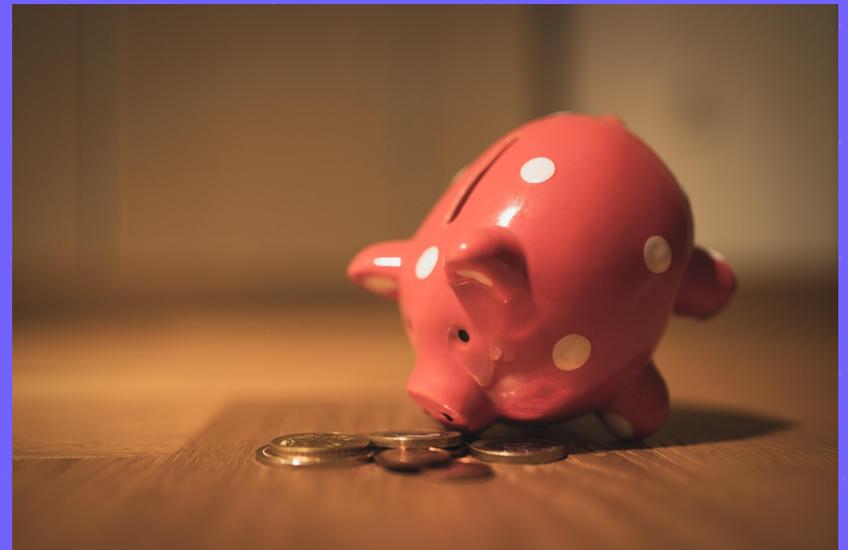
# Why does just knowing better not prevent self-sabotage...



- Underlying triggers are not always obvious to you
  - They are long-held limiting beliefs that are so prevalent that you aren't even aware that they are active
    - "I can't really succeed at weight loss in the long run"
    - "Failing is just around the corner; better to choose it that wait for it to surprise me"
    - "I don't really deserve to be happy (thinner, healthy, etc.)"
  - They are critical self-assessments
    - "I am unlovable so why bother"
    - "I am a failure at this"
    - "I am weak and don't have will-power"

# Several analogies to help this make sense...

- Lower brain–lizard brain, negotiator, emotional brain
  - All of these ways of understanding the influence your lower brain is trying to apply are similar
    - The lower brain is focused on what it truly believes is helpful
    - The lower brain is NOT the enemy
    - The lower brain acts based on old, primitive patterns and instincts (primary focus on survival–avoidance of pain)
    - The lower brain CANNOT take into account longer term consequences, just immediate outcomes
- Katherine Hanson (*Brain Over Binge*) describes the urges and statements encouraging you to act on them as neurological junk
- Glenn Livingston (*Never Binge Again*) uses an analogy of the lower brain being a wild pig that demands pig slop, and your goal is to learn not to act on these requests but instead to cage the pig



# My favorite new analogy of the internal voices...

- You are a bus driver with a set route to complete
  - You know where you are going and how to get there
  - You care very much about your job, everyone's safety, and there are consequences for not being on time
- Your thoughts and urges are passengers on your bus
  - They are focused on what is important to them
  - They want to achieve their own needs, regardless of how it affects others
  - Some focus on limiting beliefs
  - Some rely on critical comments about you
  - Some are driven by fear
  - Some have had bad experiences on buses before



# Looking at how much attention or credibility you are willing to give your passengers...



- Spend some time identifying what the various passengers on your bus are saying
- Your job is to transport passengers, so you can't just refuse to have passengers, but...
  - Will you stray from your bus route due to their requests?
  - Will you allow their demands to influence you to risk losing your job or risk being safe?
  - Do you accept their criticism or reframe it?
  - Can you acknowledge their feedback or request without allowing it to change your course?
  - Are you willing to advocate for yourself and the other passengers and enforce rules for those who are unwilling to cooperate?
- Recognize when there are passengers who actually have messages that will truly help you