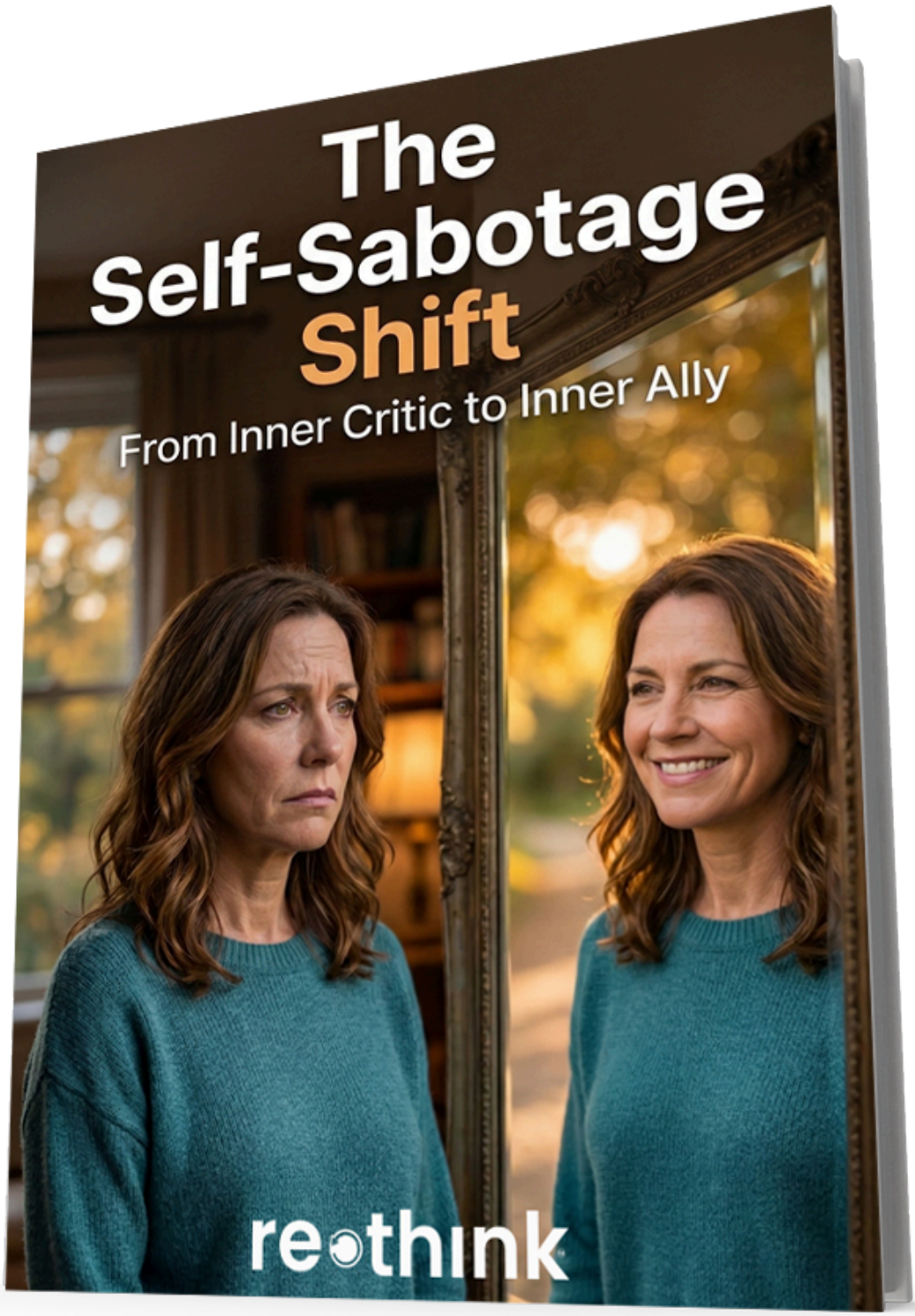

The
Self-Sabotage
Shift
From Inner Critic to Inner Ally
rethink

The Self-Sabotage Shift: *From Inner Critic to Inner Ally*

The "Glitch" in the System

Have you ever set a goal—finally getting healthy, finishing that project, or opening your heart to a new relationship—only to find yourself doing the *exact* thing that ruins it?

You stay up too late, you pick a fight, or you suddenly "lose interest" just as things are getting good.

It feels like there is a glitch in your system. We call it **Self-Sabotage**, and it's incredibly frustrating. But here is the secret: **Your self-sabotage is actually an old survival strategy.** Somewhere along the way, your brain decided that *staying where you are* is safer than *going where you want to go.* Sabotage is just your "Inner Protector" trying to keep you in the "safe" zone of the familiar.

To stop the cycle, we don't need more discipline. We need to **ReThink** our relationship with fear. Let's transform that inner critic into an inner ally.

Part 1: Why We Get in Our Own Way

Self-sabotage usually happens for three reasons:

1. **The Upper Limit Problem:** You feel like things are "too good to be true," so you create a problem to return to your "normal" level of stress.
2. **Fear of Failure (or Success):** If you don't try, you can't fail. Or, if you succeed, you're afraid you won't be able to handle the new expectations.

3. **Low Self-Worth:** You unconsciously behave in ways that match your internal belief that you "don't deserve" the good thing.

Part 2: The ReThink Workbook

Grab a pen. Let's look at your patterns through the lens of **Emotional Fitness**.

ReThink Exercise 1: Identifying the "Pattern"

You can't change what you don't notice.

Think of a goal you've been struggling to reach. What is the specific behavior you do that stops your progress? (e.g., procrastinating, overspending, retreating).

My sabotage behavior is:

What is the "trigger" that usually happens right before I do this?

ReThink Exercise 2: The Protector's Intent

Every behavior has a positive intent. Your sabotage is trying to "save" you from something.

If your sabotage behavior had a voice, what would it be trying to protect you from? (e.g., "I'm protecting you from being judged," or "I'm protecting you from being disappointed.")

My sabotage is trying to keep me safe from:

ReThink Exercise 3: The Reality Check

Let's challenge the belief behind the fear.

Look at what you're afraid of in Exercise 2. Is that threat actually real right now? Write a "Fact vs. Fear" statement.

The Fear:

_____

_____

The Fact:

_____

_____

ReThink Exercise 4: The Pivot Statement

Using ReThink to change the internal dialogue.

Instead of: *"I'm ruining my progress again,"* ReThink it to: *"A part of me is feeling scared of this change, AND I am capable of taking one small step forward anyway."* Write your own pivot statement below.

My ReThink Pivot:

_____

_____

ReThink Exercise 5: The "Safe-to-Succeed" Action

Give your nervous system evidence that it is safe to grow.

What is one tiny, non-threatening action you can take today to move toward your goal? (Make it so small it's impossible to sabotage).

My tiny action step is:

_____

_____

Outro: Befriending Your Resistance

Self-sabotage isn't a sign that you're broken; it’s a sign that you’re human.

When you feel that urge to pull back or mess things up, take a deep breath. Acknowledge that your "Inner Protector" is just doing its job. Thank it for trying to keep you safe, and then gently remind yourself that you are ready for more.

You don't need to fight yourself. You just need to **ReThink** your way through the fear.

iKE & Ande

We’ll Meet You Where You Are.

At **AVAIYA**, we don’t care if you’re speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you’re walking, we’re the bridge to get you over the gap.

When you’re driving, we’re the premium fuel to keep your engine running.

And when you’re finally ready to fly? We’re the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that’ll support you right now, and if one week doesn’t speak to you, don’t worry—next week will most likely have just what you need.

Plus, we'll continue to create our [Deep-Dive Free Online Conferences] and other supportive materials to keep your tank full.



No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Keep ReThinking,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

