

Stop Self-Sabotage

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Did you ever stop to wonder why you take two steps forward and one step back? You invest so much time and energy into a new goal, resolution, or commitment just to see it escape you – *again*. It's a common pattern that seems to escape no one – from Britney Spears, Robert Downey, Jr., to Richard Nixon and Bill Clinton.

Some of us procrastinate, set unrealistic expectations, focus on the negative, fear success or failure, settle for less, or just give up before we start. These are some of the patterns of self-sabotage. And, you may not even be fully aware you are doing it because self-sabotaging is unconscious. Carl Jung, the renowned Swiss psychologist, compared the mind to an iceberg. According to Jung, the conscious mind represents the 10 percent above water and the remaining 90 percent as the unconscious under water. That's a large receptacle for ideas, images, and concepts as well as repressed thoughts and memories.

Growing up you may have heard messages such as “you can't have it all”, “money is the root of all evil”, “do it right or don't do it at all”, or “if you can't be number one what's the use in trying.” You begin to internalize or adopt the feelings, actions and responses of the people around you. Your beliefs become a culmination of messages from your parents, siblings, relatives, church leaders, school teachers, and the media. Those beliefs, if left unchanged, can keep you stuck or trip you up in experiencing success – whether it's losing weight, finding a meaningful relationship, or holding on to a job.

The only way to stop self-sabotaging is to fully understand and resolve the “how” and “why” of sabotaging behaviors. It's becoming aware of your pattern, uncovering the hidden or unconscious messages and feelings, changing limited beliefs, and increasing your deserve level.

Your deserve level, whether in your career, health, relationships, or finances, is influenced by all of your beliefs and feelings, conscious and unconscious. Oprah, on her recent *Live Your Best Life Series*, revealed she wasn't struggling with a “weight” issue, but with a “love” issue. She uncovered her sabotaging pattern of putting others needs before her own health and emotional well-being.



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