

# Self Empowerment - Week Three



## **Checklist:**

Do you sometimes choose to do things that cause you unhappiness?

Have you tried to give up habits and behaviours that cause you feelings of guilt and shame only to return to these again and again?

Do you give up easily on your dreams and goals?

Do you tend to invite controlling, rejecting or emotionally unavailable people into your life?

Do you sometimes make choices that you know will cause trouble, but do it anyway?

Is it difficult for you to care deeply about others?

Or, do you care so much that you sacrifice yourself and end up resentful?

*'One of the most important steps in living your truth is discovering and healing the things that have held you back.'*

# *The sin of Self Sabotage - Week Three*

## *Self Empowerment*



The three ways we can become attached to self sabotaging behaviours are:

My own attachment style is:

What behaviours, habits and addictions does this create in me?

*'Make sure that you are not sabotaging something that has the potential to be fruitful and great'*

## *The sin of Self Sabotage - Week Three*

### *Self Empowerment*



Reflect on an example where you could use the ASK strategy before you self sabotage.

**A**wareness - (be conscious of what you are thinking, feeling or about to do)

**S**top - Stop and reflect

**K**indness - Be kind to yourself and others - what more empowering choice can I make?

E.g - Unmet needs in a relationship (linked to the attachments of feeling deprived)

Stop, could you give yourself what you need and also ask kindly and respectfully for your needs to be met.

*'You are worthy  
You are worthy  
of love,  
happiness and  
your own  
dreams'*