

THE WORKBOOK

**HOW TO BANISH SELF
DESTRUCTIVE BEHAVIORS
WORKSHEET**

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THE EXPERT SERIES

FEATURING HEATHER HAMM



HEATHER HAMM

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When you engage in self-sabotage, you prevent yourself from living a life that brings you joy, happiness, and the satisfaction that comes with working toward and achieving your goals.

Complete this worksheet to gain a better understanding about how you might engage in self-defeating behaviors and discover methods to banish your self-sabotage forever.



1

What does self-sabotage mean to you?

2

How can self-defeating behaviors affect your life?
What are the potential long-term effects?
What happens over time?

6 Share your commitment to stop self-sabotage. Who can you talk to about your vow to end the self-defeating behaviors for good?

7 Educate yourself. Which books will you read to become more informed about your feelings, thoughts, and motives?

8 Reinforce your efforts. How will you reward yourself when you avoid self-sabotage? Circle all that apply.

- + Tell myself I'm doing a good job
- + Give myself an afternoon to do whatever I want
- + Write down my feelings
- + Share my progress with a confidante
- + Other: _____

9 What will you do if you're unable to stop self-sabotaging behaviors? Circle all that apply.

- + Call a counselor for help
- + Contact a coach for guidance
- + Talk in-depth with a friend
- + Read and study more self-help materials
- + Other: _____

Yes... it is possible to control your thoughts and actions! With some effort on your part, you can develop insight into your self-sabotaging behaviors and stop them for good.

“A person’s worst enemy can’t wish on him what he can think up himself.”

— Yiddish Proverb

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