





# Worksheet for *Anxiety Fuels the Self-Sabotage Impulse* by Deah Curry

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## Uncover your existing beliefs

What are your existing and potential beliefs that might be emotional obstacles to achieving your goal?	Is this belief really true, an illusion, someone else's opinion, or a preference that you've absorbed?	If you think it's really true, examine it again. Is it objectively real? Is it a story you tell yourself and maybe you can create a new story?
	<input type="checkbox"/> It's really true <input type="checkbox"/> It's an illusion <input type="checkbox"/> It's someone else's opinion <input type="checkbox"/> I've absorbed this unconsciously	<input type="checkbox"/> It's really true <input type="checkbox"/> It's a story I can re-create
	<input type="checkbox"/> It's really true <input type="checkbox"/> It's an illusion <input type="checkbox"/> It's someone else's opinion <input type="checkbox"/> I've absorbed this unconsciously	<input type="checkbox"/> It's really true <input type="checkbox"/> It's a story I can re-create
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## **What are your energy resources?**

Consider the amount and type of energy— mental, emotional, social, spiritual, physical, etc—you have available for making the efforts required for change at this time.

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Assess your physical ability to incorporate new behaviors into your life that will help you shift the self-sabotage impulse. Physical ability may range, for example, from the endurance to engage in an exercise program, to the financial resources to deal with the consequences of leaving an abusive relationship.

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Enlist friends, family, professionals, and spiritual allies to help you sustain your goal, feel good about the emotional payoffs along the way, and work your plan so that giving up in the face of inevitable setbacks is not an attractive option.

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**Finally—stick with your change efforts long enough to give them a real chance.**