



## Sabotages

**Sabotage** is a common, almost natural response to change. We all have our own sabotage scripts that get triggered when we start to move towards something good for us, or out of our comfort zone. It is the mind's way of resisting change and keeping us in the known, comfort zone. Sabotage is easiest to see when things are moving forward and is a self-protection mechanism designed to keep you safe because somewhere in our past you have made an association 'that this = that and from here on, I (the subconscious) must ensure it doesn't happen again'.

If we dissect the mechanism, it can be seen as the younger you acting out, overriding the adult you in the name of protecting the infant you. For instance, the adult you might be choosing healthier foods when suddenly a locked-in belief or feeling about a what it is like to be healthier, younger, or happier and a negative consequence that created. You might have been picked on, teased, or even leared at in the past for looking and feeling good. The similar event – looking and feeling good has activated the fear side and the sabotage will do what it can to protect you from re-enacting the previous teasing, being picked on or being in danger. Or maybe you took on the belief that you don't deserve to be lighter and beautiful and this is woken up during the change. WHAM! The sabotage will do all it can to stop you in our tracks, does the opposite to what you have chosen to do, and makes you feel not so good about our self. Sabotage has the potential to stop or slow down our progress.

Sabotage is a very common and powerful tool the subconscious mind uses to protect us from the unknown, or to make sure we are not putting ourselves in harm's way. If we don't explore our sabotages, we are likely to get so far, and our efforts are derailed. We start to procrastinate, find reasons why we shouldn't, get distracted with shiny new ideas or objects, keep searching for the magic bullet to make the changes easier and faster. Unfortunately, sabotages are also very good at hiding, just like in real life those who sabotage others progress do so undercover or in the depths of the night so they are not found out. After all, it is illegal to cause harm to others, or their property. You have an Inner Child that represents our emotions and primal needs.

You have an Adult self that needs to get stronger so it can nurture our Inner Child and tame our saboteur Child so you can reach our potential for greater life and love.

Consider these possible scenarios

1. The sabotage acts out our Inner Child's feelings in self-defeating ways — without giving the adult you a chance to choose or negotiate reasonable course of action.
2. Outer poses as our ally but is really our gatekeeper. There are parts of our subconscious that hates change — especially self-improvement. Its covert agenda is to maintain our most self-defeating ones.





3. Outer is the impulsive, obstinate, self-centred ten-year old within all of us. Outer wants what Outer wants NOW, and overrules you, the adult, in getting it. Outer prefers to veg out in front of the TV instead of letting you finish our paper work. Outer says yes to a third glass of wine when you had decided two drinks is our limit.
4. The “yes but” voice, which if you let it, will tie our life up in knots.
5. Sabotage patterns are deeply entrenched, inappropriately acting out our Inner Child’s feelings. When you feel hurt, angry, or insecure, the sabotage is like an obnoxious older sibling who is “only trying to help” but who bungles everything by lashing out or acting too demanding or clingy. Let’s say the adult you, wants to become more assertive at work, but the sabotage shows up to overprotect you by keeping you quiet at the meeting. In spite of wanting to shine, you remain invisible.
6. The sabotage goes for the quick fixes because it doesn’t have patience for delayed gratification. You succumb to the immediate gratification, sabotaging our long-range goals. Let’s say you decide to watch what you eat to learn our triggers, but you eat the very foods that are likely to trigger a reaction because you know it tastes good, and you deserve the occasional treat. You decide to include fitness into our health regime, you agree to pay for the annual membership at the gym and then stalls you with all sorts of reasons why you shouldn’t go on our way there.
7. The sabotage is a master procrastinator, rationalizer, and avoider; its favourite time to do things is Tomorrow. Its motto is: Never do today what you can put off until tomorrow.
8. Outer fights positive change — especially positive change-initiated by the Adult you and would rather enjoy doing the same pointless things over and over again. It balks at doing the “right thing” and only wants things that are bad for our health, figure, bank account, or love life.
9. Outer Child is extremely reactive to unresolved abandonment. For example, if you feel insecure, then sabotage pulls out all stops seeking support and at the risk of scares our support person away. Stealthy, quick, and misguided,
10. Sabotage is also fuelled by anger either overreacts or under-reacts to our anger. For example, people with abandonment issues tend to feel too insecure to risk expressing anger or assertiveness to someone because they fear it might break the connection. So, the sabotage presents by taking advantage of our fear and you to take our anger out on our self, damaging our self-esteem.
11. Alternatively, the pattern may be our fear emotions are taken out on innocent bystanders and makes you look like a monster. Isolating you further from what the adult you really want to achieve.
12. In relationships, the sabotage could unknowingly be playing games, or overcompensating to hide our real self (that you many not even know who you are). This can show up more so when you attempt a new relationship. It wears many disguises including “hard to get” and “Florence Nightingale”, thriving on creating drama, distorting who you really ARE.





But there is a way to diffuse our sabotage defences and involves using tools that create a healthy new relationship with our self. As our Adult Self becomes integrated, you are longer driven by our hidden nemesis. More sabotage awareness you have by owning up to our skewed characters that most of us prefer to ignore. You see the bigger picture — the overall pattern — which empowers you to deal with traits that form an invisible infrastructure of self-sabotage deep within our personality.

Learning from our sabotages is a powerful self-awareness tool. By discovering them, and why they were created to begin with you bring them out of the shadow and into the light. This allows you to heal and let go of their hold over our choices. You are able to overcome our self-defeating patterns, improve our relationships, and become the self-achieving adult you always wanted to be, finally achieving our most important goals and dreams that you stake.

Adapted from Susan Anderson's [What is Outer Child](#)

Awareness is the biggest part of making change, and sabotages isn't any different. Remember they are careful about being exposed, and so it can take time to notice them at play.

Possible methods to employ

**Meditation and journal.** Allow yourself the time and blessing of taking time out and allowing your mind to go to its quite place. Yes, the clutter noise will follow, allow it, you don't need to dissect it, just allow the noise to be there. As your breathing becomes more relaxed, ask the noise one of the following questions. Don't worry if an answer doesn't come straight away, it will when it is right. A thought, words in a song, a movie, or conversation. A knowing that that this is the answer will be there. When you get the answer, then another question can be asked.

Sometimes, you will get the entire message – the history, the why, how and what the future change needs to be. Sometimes, it is like a good brew of coffee, drip fed through savouring the essence of the coffee bean to create a full and rich drink that is so divine, it is heavenly.

**Plant the seed question** and go about your everyday activities working towards your goal. Things can fall into place just as they are meant to and by stepping back, it allows things to fall into place with less resistance.

**Seek professional help** the really deep, elusive experiences and wisdoms can be hidden under decades of life and more so if you are working through [generational issues](#). Working with a practitioner who can help sift through the layers to the core and help to gently bring it to the surface is beneficial. Sometimes, we just can't do it alone.

Consider the following. Ask the question one at a time and jot down the answers in your journal.

What is happening in the now, is there a recognisable pattern with similar situations? \_\_\_\_\_

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What are the feelings coming up (list them or do a brain dump)?





What memory/s are linked to this experience

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Who else is there, in the memory?

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What are the message/s you heard about what is going on in the now? Often there are protection, warning, 'you can't or no possible statements said or implied which we then carry forward

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What supporting evidence is there what is going on in the now?

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Is it real, or imaginative evidence, is it your or someone else's evidence, opinion, hearsay, fear etc?

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What do I need to know, feel, or do to change what is coming up?

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What needs to stay for now, and what can you let go of to allow more change occur, or to allow more of your deeper self to be revealed?

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