

HOW WE SABOTAGE THE VERY THINGS WE WANT - and how not to.

The human brain works in surprising ways, so it is helpful to understand a little bit. This is especially true if we are looking to create lasting change in ourselves, our environment, our results, or our reality - if we are to finally stop self-sabotaging.

How do we stop self-sabotaging thoughts and behaviors? The process is remarkably simple, though not always easy. I'll walk you through clear, distinct steps that have led both myself and my clients [back to self-love and into the life they desire](#).

But first, some background is necessary before learning how to reprogram the brain. Yes, you can reprogram your brain!

Self-sabotage starts with false beliefs, and they are not even ours.

When we are under the age of seven, our brainwaves are much slower than in adulthood. Young children are essentially in a meditative and highly suggestible state and unable to filter out or reject information or messages the way we can when we are older. Whatever messages they are exposed to frequently or with a strong emotional context, they simply accept as "truth" about themselves and the world around them. This is then [stored in their subconscious mind](#).

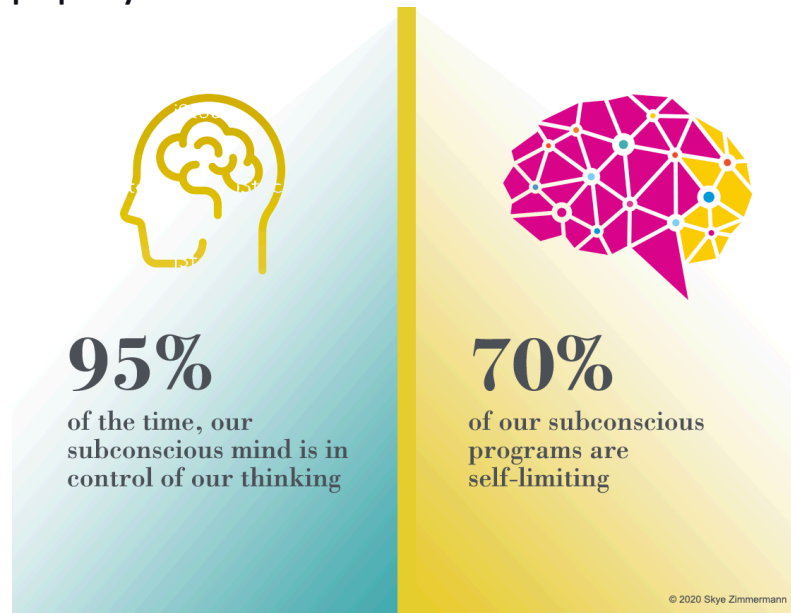
If we were raised by well-meaning but not very conscious parents, caregivers or teachers, our mind has been programmed with limiting beliefs like: "You don't deserve this, who do you think you are?" or "You need a college education to get a good job.", you name it. This basically programs us into a state of unconscious disempowerment.

The important truth to understand is that those false beliefs are typically unknown to us. And even more importantly, those false beliefs are responsible for our self-esteem, for our outlook on life, and ultimately, for our experiences in life.

We are largely unaware of sabotaging beliefs.

Scientific research has shown that, on average, **70% of our subconscious programs are self-limiting**. Neuroscience also tells us that 95% of the time, our subconscious mind is in control of our thinking [*How Your Unconscious Really Shapes Your Decisions* in *US News & World Report* special issue]. Negative thinking biochemically creates negative emotions which leads to

negative actions and results, to a negatively experienced reality. **It becomes a self-fulfilling prophecy.**



[Infographic] Our subconscious is largely in control of our thoughts. It will filter out information that competes with the current “story” of who we are and what we are capable of.

It’s also relevant to mention here that we typically don’t experience “reality” the way it is. Our mind, unbeknownst to us, filters current events through the experiences and memories of our past and the meaning we gave those experiences.

This explains why two people in the very same event can have a very different experience and memory of that event. Does this explain a lot about your relationships??

We are experiencing life through the filter of the past and tend to “see” what we expect to see or what we focus on. For a fun demonstration of this trick of the mind, watch this quick video: https://www.youtube.com/watch?v=KB_ITKZm1Ts.

Why what we desire and what we receive are often very different.

This would be all great and helpful if we had perfect parents and an ideal childhood, or if we have done the “inner work” of identifying and re-patterning our limiting beliefs.

Most of us have neither.

This is why it is so common to consciously want and believe something – the happy family, the fulfilling romantic relationship, the thriving career, the time and money freedom and great health to enjoy life – and yet struggle for years, if not decades, to create or experience it.

Here is a great truth: We can never outperform our self-image.

Our self-image is what we (unconsciously) believe about ourselves.

We can tell ourselves that we are a good person and that we deserve to be happy, healthy and wealthy, but unless our subconscious mind is on board with those ideas (and if we are struggling, it is not) we are not going to experience the ease and abundance life offers.

Working harder is not the answer.

Science has also found that our **subconscious mind, which houses our unconscious beliefs, is one million times more powerful than our conscious mind.**

Whatever thoughts we are consciously choosing to think, they are nothing compared to the largely negative thoughts that unconsciously dominate our thinking. Those are the ones that count – and that end up creating our life experiences. This is physics, not philosophy, as Albert Einstein and many others have shared with us.

So then, if we want to experience different results in our lives, it doesn't make any sense to “go out there” and fix what's not working on the outside. In other words, working harder isn't the answer. But most of us try. And burn out doing so.

The answer is to increase our awareness, to look inside of ourselves, to notice the false and limiting beliefs that run the show, and release and re-pattern them so they are in alignment with what we consciously believe and desire.

It takes doing an internal inventory and taking responsibility for where we are at and how we will move forward from now on. Only we can decide how we respond to life, and what choices we make.

The power of enlisting the right support.

It's nearly impossible to do the deeper work of re-programming our mind on our own because we cannot see our own blind spots. **Working with a skilled professional who is an expert in reprogramming self-sabotaging beliefs is priceless when we are looking to create true transformation.**

Studies have shown that the right support is critical in creating lasting change in our brain, behavior and habits. A fatal diagnosis is not enough to motivate us to change, even when we are given the exact action steps for how to turn things around for ourselves. In one study, **zero**

percent of the people who were given that roadmap implemented it. But 98% of the people who also had the support of a coach, someone who understands how lasting change occurs and who holds them accountable, saw a significant change in their quality of life - and their survival rate improved.

Emotions are important messengers.

Another powerful factor that plays a huge role in our habits and behaviors are our emotions.

Emotions are messengers. Their job is to give us information about whatever is happening in our environment which is relayed to us via our senses.

When we experience an event, our brain registers what is occurring, gets activated and releases a chemical cocktail which make us feel an appropriate emotion. This then elicits an appropriate action from us and leads to a result. For example, when we see someone who looks like a former partner of ours we may feel sad or angry.

Research shows that if we don't resist an emotion, it typically only takes up to 90 seconds for it to run its course.

However, if we have a difficult experience and we can't or we don't allow ourselves to feel and process the emotion, we block this natural process.

But those emotions don't just go away.

Denied, unresolved emotions are biochemically stored in our cell tissues. They are powerful influencers of our behavior and therefore of our results in life.

Those stuck emotional patterns become our TRIGGERS, the very reason we react with such anger when someone cuts us off in traffic or is late to meet us. It is why we get scared when we see a spider or why a certain behavior or personality trait in others makes us react irrationally.

Unraveling stuck emotions through somatic work.

Ideally, we notice these moments as perfectly orchestrated mirrors for our own unresolved issues. We have the courage, patience and self-love to listen to what they have to say and then find a way to resolve the issue inside of ourselves and don't need that external trigger or reminder any longer.

In my experience, the most intelligent way to safely release emotional patterns and trauma (big and small) out of our physical bodies is through [somatic work with a skilled practitioner](#).

Through somatic work, emotional blocks and painful reminders of the past can be gone for good. In this way, we are freed up to live a freer and more positive life.

To conclude, why and how do we sabotage the very things we want?

We do it unconsciously because of the limiting belief systems and the unresolved emotional patterns that govern our experience of life.

How to stop self-sabotaging in clear, actionable steps.

Here is the step-by-step process to stop self-sabotaging thoughts and behaviors and install new beliefs.

1. **By acknowledging our limiting beliefs, then choosing to let them go and install new beliefs, we literally create and operate from a new program.** And the beautiful truth is that it is up to us what this program says.

Notice your old program (e.g. limiting belief), take a breath or two, and then say what you would rather be thinking. Choose an affirmation that is the antidote to the limiting belief. For example, replace the thought “This will never work.” with the belief that you have already replaced the old program and achieved your goal. Say or think “I’m so grateful that I was able to accomplish this, and it was easy and fun.” See it in your mind’s eye and FEEL it being true. What would you be feeling if you were operating from a new program? ***You can make yourself feel it now.***

If we wait for the evidence to show up before we feel something, we might wait forever. By feeling the emotions first, over time we create more evidence for the affirmation being true in our lives. We literally draw the experience or result to us.

What will your new program say?

2. Much of the work is just making ourselves a priority, doing the inside job of changing the channel we tune to and to be willing to **declare for ourselves what it is we would love.**

Do you **truly** believe you deserve to live a happy, healthy, fulfilling life? Consciously you might. But what I have seen in working with clients is that most don’t, deep down in their subconscious mind. And as we know now, that is what creates our experience.

We have to make a powerful decision to change our lives and ourselves for the better. We have to prioritize noticing what in our thoughts and actions is not in alignment with

what we want more of. We have to stop being a victim to conditions and situations and take our power back regardless of what's going on.

We have to ask ourselves: If time, money and circumstances weren't an issue, what would I love to experience, to create, to give?

3. We are already perfect the way we are. What is needed is an **un-doing and un-learning of those false and limiting patterns**, as well as us giving ourselves permission to let our truth and uniqueness make an impact in our world.

Want to learn more? Watch [*The Power of The Mind*](#), a recorded virtual event in which I explore in depth three keys to creating breakthroughs in your life.

Ready to start the deeper work mentioned here? [Schedule a transformational healing session](#) with me in which I help you create deep, lasting change.