

Seven Steps to Uncover Self-Sabotage for Massive Transformation

Your outer world reflects your inner world, period.



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INTRODUCTION

Hi, I'm Abby

I'm a former psychotherapist, financial advisor, and NeuroChangeSolutions Consultant. As a coach, I use my psychology, neuroscience, and business experience to help high achievers illuminate unconscious self-betrayals.

I know it's possible to not only exude confidence but also feel it authentically. It's possible for you to do good and to feel great. It's possible to expend less energy and achieve more.

In this e-book, I'm sharing the seven steps I take clients through to help them uncover where they are self-sabotaging.

Suppose there are things in your external world - personally, professionally, relationally, financially, or spiritually that you would rather not be there. In that case, you must uncover what is happening in your inner world.

But what the heck is your "inner world"? It's what's going on inside you, and as humans, we are largely unaware of the thousands of thoughts and emotions we have each day. In other words, our day unfolds mainly on autopilot, from tying our shoes in the morning to making the coffee, the thoughts we think all day, the emotions we indulge in, and the behaviors we exhibit. Be all that good, bad, or indifferent; it's largely unconscious.

I invite you to take your time processing through each step before moving onto the next.



STEP ONE

Recurring Thoughts

Step one to uncover where you may be unconsciously self-sabotaging.

Q

What are your recurring thoughts?

Spend some time here thinking about what you think about when you're driving or walking or doing dishes or brushing your teeth.

EXAMPLES:

- I DON'T HAVE ENOUGH TIME
- I'M SUCH AN IDIOT
- I'M LAZY
- I CAN'T BELIEVE THAT PERSON DID THAT TO ME
- IT'S SO UNFAIR
- I DON'T FEEL WELL
- NO ONE KNOWS WHAT THEY ARE DOING AROUND HERE
- THERE'S NO POINT

STEP TWO

Daily Actions

Step two to uncover where you may be unconsciously self-sabotaging.



See yourself moving through your day from the moment you woke up to now. What were you doing?

EXAMPLES:

- RUSHING
- LYING IN BED
- GOSSIPING
- COMPLAINING
- OVEREATING
- LAUGHING

STEP THREE

Feelings

Step three to uncover where you may be unconsciously self-sabotaging.



How do you feel most often? How do you feel right now?

EXAMPLES:

- STRESSED
- OVERWHELMED
- EXCITED
- TAKEN ADVANTAGE OF
- IMPATIENT
- FRUSTRATED

STEP FOUR

Color Code

Step four to uncover where you may be unconsciously self-sabotaging.



What thoughts from step 1 lead to which actions and feelings in steps 2 and 3?

Review your responses and decide which ones are connected to each other. Highlight the connected ones with the same color highlighter, and you can copy them into the chart below.

EXAMPLE:

You might find that the thought “there’s never enough time” leads to the action of “rushing,” and that leads to feeling “impatient.” You may highlight those in yellow. Choose a different color for each connection that you make.

STEP 1 THOUGHT	→	STEP 2 ACTION	→	STEP 3 FEELING
_____		_____		_____
_____		_____		_____
_____		_____		_____
_____		_____		_____
_____		_____		_____
_____		_____		_____

STEP FIVE

Your Insights

Step five to uncover where you may be unconsciously self-sabotaging.



What insights have you discovered after processing through steps one through four?

EXAMPLE:

I AM NOW CONSCIOUS THAT WHEN I THINK _____ (THOUGHT),
I BEGIN TO _____ (ACTION) AND AS A RESULT I FEEL _____ .

STEP SIX

What's Possible?

Step six to uncover where you may be unconsciously self-sabotaging.

Q

Ask yourself, "What might be possible?"

Take the statements from step five and find the opposite thoughts, actions, and feelings to discover what's possible.

EXAMPLE:

IF I WERE TO THINK _____ (OPPOSITE THOUGHT), I WOULD
LIKELY _____ (COUNTER ACTION), AND THEN I WOULD FEEL
_____ (WHAT'S POSSIBLE!).

Conscious Choice

Step seven to uncover where you may be unconsciously self-sabotaging.



What conscious choices are you going to make to think, act and feel differently?

You have the power to create your experience.

EXAMPLE:

I CHOOSE TO THINK _____ SO THAT I WILL DO _____
AND AS A RESULT I AM GOING TO FEEL _____ .

NEXT STEPS

Rinse & Repeat

Congratulations!

You have taken the steps to begin to rewire your thoughts, so you can awaken into aligned action.

To build on this journey, I have an online video course "From Hot Mess to Harmony" that dives into each of these steps and more.

If you want to connect, I have several ongoing Masterminds and also have limited availability for 1:1 sessions.

[CLICK HERE](#) to head to my website.

You can also email me directly:
abby@abbyhavermann.com



Abby Havermann
Coach • Speaker • Writer

"Abby has given me tools that have shifted my thinking. I've learned how to say no to others but yes to myself. Not every situation will be the best, but how you navigate it matters."

— KRISTEN MARIANI
Teacher, Health Coach

"It's one thing to want to be in better control of your emotions, but to receive actionable steps and a process to do it is what has elevated me to the next level."

— ALEXA BRASCETTA
Wealth Advisor