

Self Sabotaging Behaviours

THE SELF SABOTAGING BEHAVIOURAL HABITS

Check out these self-sabotaging bad habit examples. Use these template models to catch where you might have unhelpful behavioural habits that appear to be justified and righteous, but are in fact a bit ridiculous, and will give bad outcomes.

Do you have repeated self sabotaging or self limiting or self defeating behavior?

Do your behaviours give you good outcomes or bad outcomes?

Do your behaviors reinforce unhealthy thoughts and beliefs?

Do you think your behavior protects you and is the easier road, when in fact it costs you too much and is the harder road?

Think different, feel different, behave different – with CBT.

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Map Self Sabotaging Behaviour with CBT

A

Activating event.

My boyfriend didn't reply to my text today.

B

Beliefs and thoughts

He doesn't care about me. He's off doing something he thinks is more important. He doesn't value me. I'm not going to stand for this.

C

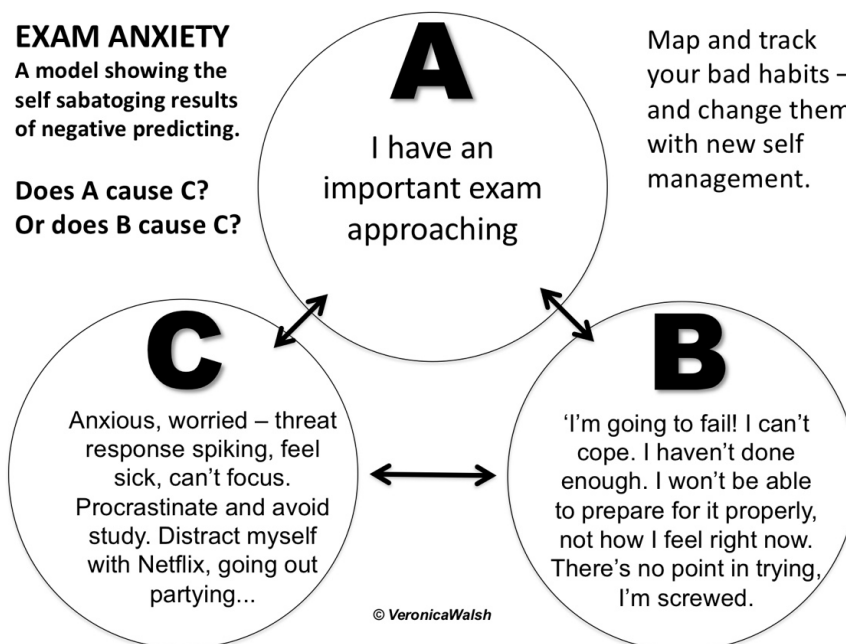
Consequential feelings & behaviour

Stress hormones pumping. Angry and hurt, I have a few glasses of wine, I go over and over it in my head, upsetting myself all night, then text him at midnight telling him what I think of him and what he did. Check my phone constantly. Stalk him online.

EXAM ANXIETY

A model showing the self sabotaging results of negative predicting.

Does A cause C?
Or does B cause C?



Map and track your bad habits – and change them with new self management.

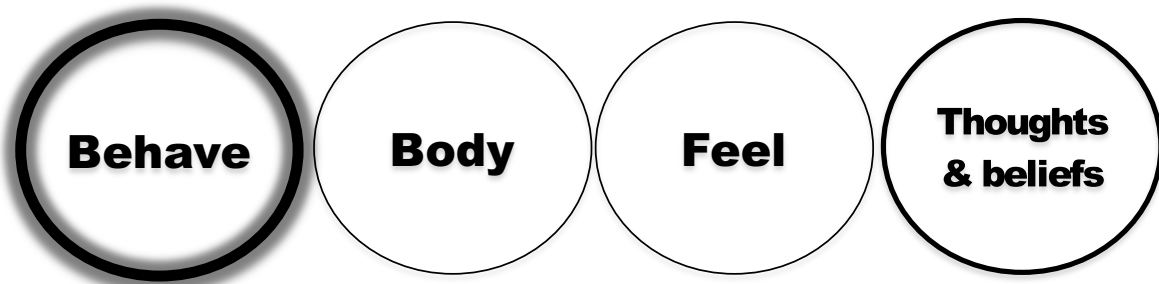
The Self Sabotaging Behaviour CBT checklist - worksheet:



The following is a menu of irrational *bad-habit-behaviours* that people with a stress disorder might do too often – these choices have consequences and are self-sabotaging – they give bad outcomes, and negatively affect stress

hormones, and how we feel and think. They are self-limiting and self-defeating, self-destructive, and mood lowering - *but bad habits that can be changed*, step by step, through conscious awareness and self-regulation. Exercise: go through the list and **tick the ones that you recognise**, then use this new awareness to guide you in journaling a concrete view of patterns so that **you can plan to change what you do**, which will get you better outcomes.

Simple example: When I get very drunk, I give myself artificial depression/anxiety for two days after – which causes me to self-sabotage more; e.g. maybe I'll won't show up to work, or I'll show up in bits.



- Avoidance behaviour - general
- Procrastination - general
- Prioritising unnecessary tasks instead of more pressing tasks
- Self-medicating – general
- Using alcohol as a 'de-stressor'
- Smoking dope as a 'de-stressor'
- Using nicotine as a 'de-stressor'
- Too much caffeine
- Lashing out
- Sulking
- Putting people down to others
- Financial recklessness – spending mindlessly and compulsively
- Isolating – regarding social occasions as a stressor not a pleasure
- Poor choices in relationships – choosing partners or friends who enable self-sabotaging


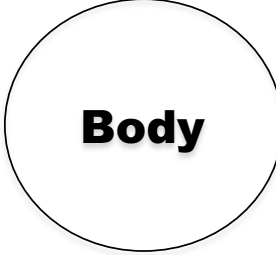

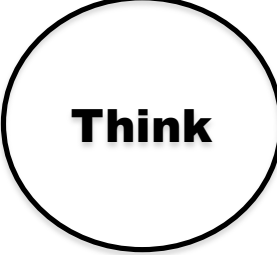
- Unrealistic expectations and boundaries.
- No expectations or boundaries.
- Ignore / put off answering phone calls
- Ignore / put off opening post – especially 'official looking' mail
- Ignore social contact - calls, texts, e-mail, general social media contact
- Too much time on social media instead of real life: FB, Twitter, Insta, YT
- Too much time gaming - at the expense of real life
- Reckless risky sex - e.g. with a virtual stranger while drunk
- Addiction to internet dating – Inc. repeating negative drama with unhealthy or non-existent expectations and boundaries
- Addiction to TV/Netflix/streaming - losing yourself in TV and fictional worlds rather than immersion in your own / being present.

- Over eating mindlessly and thoughtlessly
- Under eating– neglecting your nutrition
- Physical neglect – not moving your body (with exercise of at least walking)
- Hygiene neglect – not showering and other standard hygiene needs like brushing your teeth and grooming
- Social presentation – not caring about what you wear or how you present yourself to others
- Self-harm - e.g. cutting
- No bedtime routine - e.g. watching Netflix instead of lying comfortably in the dark ready for sleep
- Inappropriate contact - e.g. texting an ex while drunk – or emailing a colleague after 2 hours of negative mind reading and drama in your head
- Comparing and rating - e.g. using Facebook or twitter or Instagram to measure your value to others, and others value to the world
- Stalking and/or hating and trolling - e.g. Hate scrolling people online, and sometimes engaging with anger
- Living a small life to protect yourself from faulty predictions.
- Living a big drama life of adrenaline and dopamine hits at the expense of some stability and 'being present'.
- Being determined to be offended - e.g. having a default response of personalising what you hear in a negative way
- Not applying for jobs that would make you happy
- Not studying when you have exams looming.
- Socialising too much - e.g. an over focus on short term drama and return with partying rather than a balance of activity for good outcomes.

- Not planning - e.g. Having no goals and doing no tasks, thinking things will just happen to / for you without proactivity.
- Not working - e.g. Believing there are no jobs for you, and that if there were you wouldn't be able for it physically and/or mentally.
- Not relaxing - e.g. Doing things that will produce relaxation hormones, rather than constant adrenaline hormones
- Googling to 'prove' health anxiety drama
- Upsetting yourself endlessly going over past events you have no control over
- Not proactively exploiting your social resources to meet your needs.
- Not 'showing up' for yourself or others
- Saying No - e.g. To a work offer of a project or more responsibility, to a social invitation, to giving a presentation, to a compliment...
- Being negative conversationally - defaulting to looking for fault and 'wrongs' in conversation and pointing it out to the other parties
- Not listening (e.g. Not being able to enjoy social interactions through over personalising or not being present

What did you learn? (key ideas):

Task: try mapping your own examples of behavior that may be self sabotaging or self limiting or self defeating, and how those choices drive dysfunctional feelings and cognitions / perceptions, and get you bad outcomes. Fill them in whatever order you like...

A self-sabotaging social media behavioural habit template – track and map yours using this guide:

Bad thinking habits + bad behavioural habits = bad outcomes



SELF SABOTAGING BEHAVIOUR

Spending hours a day on social media, comparing and rating myself to others, counting and measuring who is treating who with what I think is respect and inclusion, and how that affects me. (Can lead to silly 'hate scrolling', stalking, and attempts to punish or manipulate other users).

FEELINGS caused by the habit:

Stress hormones / threat response triggered.

Upset, anxious, angry, jealous, sad, disappointed.

Thinking paired with the habit and then driven by the habit – causing yourself unnecessary upset by constantly assessing your social status and others' social status – with generally negative responses to the following: "Am I part of the group? Am I being treated with respect? Am I behaving properly? Are they behaving properly? Am I funny enough? Am I included or excluded? Am I interesting enough? Am I attractive enough? Is this situation good or bad?"

COST of the habit:

Causing myself and others unnecessary upset. Loss of time in the real world – not 'present', not socialising with real people in real-time, or pursuing healthier activities which give reward and stimulation.

What did you learn? Key idea notes: