



The Toxic Cycle Of Self Sabotage

With all the best intentions when we decide to start something new, we do so enthusiastically for the first few weeks, then as we start to experience changes, the Critter brain will sound alarm bells and elevate the compulsion to slide back into old self-destructive habits.

The 3 Brains:

- The Critter Brain does not like change, it likes things to stay the same. Change = unknown = unsafe.
- The conscious mind or Human Brain loves changes
- The Limbic System is involved with the emotional responses to stress, fear and anxiety

Many will use food or other “go to” things as a way to cope with difficult to handle emotions and situations. Some have difficulty with crisis going into despair to avoid facing situation. When the critter brain sense change, self sabotage occurs.

The first sign that sabotage is starting to happen is when things are going well.

What is happening underneath the surface is often we do not follow through and embarrassed, ashamed or feel disappointed in ourselves, afraid to admit.

5 powerful emotions that take our power away

- Shame
- Guilt
- Disappointment
- Fear
- Embarrassment

Be curious the reason this is happening. Every symptom, behaviour or pain has a positive intention.