

How We Engage in Self-Sabotage

- worthiness
 - fear
 - acceptance
 - success vs failure
 - keeping secrets
 - fantasy
 - comfort zone of insanity and chaos
 - perfectionism
 - avoiding emotions
 - sharing and facing the issues
 - verbalizing feelings
 - coping strategies
 - connecting
 - calling and fellowship
 - keeping the crap cleared out
 - abandonment and rejection
 - edging God out (EGO)
 - shame vs guilt
 - afraid of the uncertainty
 - negative self-talk
 - brain vs body
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- fear is associated with a shortness of breath. If we breathe into our fear it becomes less paralyzing.
 - if we notice we are angry or triggered for no apparent reason, we can stop and think about what positive feeling our ego/addict may be preventing us from enjoying (e.g. joy over new promotion, vacation, or just a fine dinner with our partner).
 - ego tries to keep us from getting out of our current level of happiness. Ego cones when we Edge God Out, so faith in HP, that we can be happy, is how to rise above self-sabotage.