There Is No Such Thing as Black or White. Subconscious and Self-Sabotage and what we do to ourselves.

Self-sabotage behavior is when there is no logical or rational explanation on for why you can’t do the things you want, or why you can’t have the things you want to have.

SELF-SABOTAGE BEHAVIOR

- It’s the experience of “tug of war” between having the desire to do something, but feeling you can’t or shouldn’t do it.
- When we want something…and then go about making sure it doesn’t happen.
- You create outward signals of attraction or detraction, all the time your inner life is the real condition.
- If we really want to fail we set our goals just outside our reach, or we create subconscious roadblocks.

Guilt, Fear, Anger and Revenge

- Physiologically guilt, fear, anger and revenge do not exist.
- We create these beliefs and can become prisoners of our own imaginations.
- Everyone self sabotage, some to the extremes that create failure

Focus, Worry and Fear

- What is missing in your life?
- Where do you feel empty?
• Who affects me negatively?
• Who do I let affect me negatively?; these are two very different questions.
• What of your fears in the past year have come through?

Feeling worthless, living in the past, and comparing yourself to others?
• Change or Die
• Create your own focus; this is how we create the lens we see things through. We create the lens.
We define each of our emotions, none of which are physiological. There is no “end game” in comparing oneself to another, unless using a mentor.

Self Sabotage: The Theories behind the Actions
• Theory #1: We create conflict when we allow our own low self-esteem to take over and have no confidence in ourselves.
• Or, we plan to fail. Pity pot. “It’s always against me. See, look what happened?”
• Theory #2: It is a disease, which means a lack of ease. When you know what you are not doing what you know you should be doing. This is the “old programming” le[ in your thinking. The answer is focus and balance. Psychologically you must “empty” yourself first and then set rules for your discipline and follow the rules, with focus and balance.

Self-Sabotage is intangible.

Your mind is composed of two distinct parts.

There is your conscious mind; this is the area you are aware of. It consists of all the day-to-day thoughts that you experience, and the way you view yourself.
It is the version of yourself that you are aware of, as well as the version of
yourself that you show to other people. This conscious mind is NOT the
real you, but an invention of the subconscious.

The conscious mind is the operating system, and the subconscious the
hard drive. The subconscious is “at least” 95% of your total mind.

So here we are with a lousy 5% of our minds on display, it’s the fight or
flight, get you away from the subconscious as the conscious mind wants
to protect us. It’s the part that has immediate reactions, and does not like
change.

**The Theories behind the Actions**

- Our conscious mind has this also and is dependent upon our
  subconscious mind to filter out and stop repression.

**The main reason for self-sabotage is repressed emotions:**
- Anger, guilt, regret, sadness, insecurity, fear, anxiety
- Drama, pain, interdependence, the “unit you live with”