

SELF-SABOTAGE

(A Self-Love Gift from Abiola Abrams and SacredBombshell.com)

Self-sabotage can prevent us from being successful in our quest to live the lives we desire. Resistance or feeling stuck can be attributed to two things: either you're indecisive about what you want or you're too uncomfortable to make it happen.

Use these steps to reduce the level of discomfort associated with taking an action:

Find a space where you won't be disturbed for 5-10 minutes.

- With practice, you'll likely only need 1 minute.

Close your eyes and think about an action you need or want to take.

- Imagine yourself doing the uncomfortable activity. Make the experience as meaningful and realistic as possible in your visualization.

Visualize a door at the location of the discomfort. The type of door is up to you.

- See yourself opening the door and allowing all of that negative energy to escape.
- It can be helpful to imagine the negative energy as smoke or liquid seeping away.
- Many people visualize white light emanating from the door after the negative energy is gone.

Notice the feelings in your body.

- Fear, anxiety, stress, and other feelings are just labels we assign to specific sensations within our bodies.
- Start to recognize where you feel the discomfort. It's usually located in your stomach or chest area, but it could be different for you.

Notice how you feel.

- It might take several attempts to feel more aligned with your goal but keep trying!

Take action.

- Ideally, you'll take action as soon as the resistance is reduced or removed.

Release ideas of perfection.

- While the goal is to eliminate any negative associations, be practical. You might have to deal with being a little uncomfortable. That's ok. Things don't have to be perfect before you take action!

By removing resistance, you'll free yourself to move forward without self-sabotage!