



SELF-SABOTAGE

(SELF CANCELLING OF YOUR PROGRAMMING!)

- * ***Do you have projects, dreams and goals, but you never achieve them?***
- * ***Do you do the opposite of what you really want?***
- * ***Despite your best programming and visualization, does nothing ever change?***
- * ***Are you stuck with indecision, doubts and fatigue when something important must be done?***
- * ***Do you have the impression that something is holding you back or even blocking you?***
- * ***Just as you are about to succeed, are you regularly thwarted by a foolish mistake, forgetfulness or distraction?***

If you replied “YES” to just one (or more!) of the above - then this class is for you!!

You are most likely a victim of “Self Sabotage”. We can help you understand why you are acting in this way and give you the solution!

Is it how to combat your Self Saboteur? No!

Much more effective and powerful – it is how to transform your inner Saboteur into a powerful supporter and helper to encourage you!

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The human being is a mechanism which auto-corrects to achieve happiness.

Once you have fully integrated this fundamental principal, you can perceive the positive intention behind your emotions and actions.

All emotions are good - even those you normally call “negative”.

They operate like a “G.P.S.” (Guidance by satellite) to show you the right way and, most importantly, advise you when you are heading off in the wrong direction.

Unfortunately, we all too often ignore or suppress the real nature of our emotions, with disastrous results!

I will reveal to you the “Secret Language of your Emotions” and how you can use this with great effect.

Each emotion: fear, sadness, anger (we will examine the eight primary emotions) has a precise meaning, and you will learn how to decode them.

Unconsciously you do what you believe is good for you, for your protection, your security or your satisfaction. If the results bring you problems, it’s because you have an inner conflict. Your “Saboteur” is going against your conscious desires.

In just one day on this course you will learn how to:

- ▶ Identify your inner “Saboteur”
- ▶ Recognise its hidden positive intention for you.
- ▶ Acknowledge and be grateful for its contribution
- ▶ Negotiate to find another way of satisfying the inner need
- ▶ Discover a creative way of finding new solutions
- ▶ Align yourself with the saboteur to transformer its energy into helpfulness
- ▶ Establish a “win-win” contract
- ▶ Change your behaviour to respect the essential need.

(The above process is inspired by elements of NLP and Charles Tebbets’ Parts Therapy)

After a demonstration of the process, you will practise in groups of two. For this you will be provided with a script so you can follow all the steps. At the end of the day you will be able to guide yourself through the whole process. Afterwards, you can apply it to any situation in your life where you feel there is a resistance or a block.

Your “Saboteur” could become your best friend!