

## Guided Meditation for Overcoming Self-Sabotage Using Strengths

Help clients connect with their inner strengths to overcome self-sabotaging behaviors, fostering self-compassion and empowerment. This meditation encourages clients to recognize self-limiting or defeating thoughts while building confidence in using their unique qualities to navigate challenges effectively.

*Begin by inviting the client to sit comfortably with their feet grounded, back straight, and hands resting gently in their lap or on their knees.*

### **Script:**

“Let’s begin by gently closing your eyes, if that feels comfortable, or by softening your gaze. Take a slow, deep breath in through your nose, and exhale slowly through your mouth. As you breathe out, allow any tension in your shoulders to melt away. With each breath, feel your body growing more grounded, leaving distractions and worries outside of this space. Let each exhale bring you a little closer to calm.

Now, I’d like you to bring to mind a recent time when you felt held back by self-doubt or self-sabotage. This could be something small or a bigger moment where you felt like you were blocking your own progress. Without judging yourself and simply just observing, notice this experience. Watch it unfold in a neutral and curious manner. Hold it gently in your awareness, as if you’re observing it from a distance.

As you focus on this experience, I invite you to also remember a strength you possess, a quality or ability that has helped you through challenges before. It could be a sense of compassion, humor, creativity, persistence, or another strength that feels right to you in this moment. Picture this strength as a warm, glowing light within you, radiating from your heart.

Take several full breaths... With each inhale, feel this light of your strength growing brighter and stronger. Let it reach every part of you and allow it to fill you with a gentle, steady warmth. Notice how this strength feels in your body. Let it bring you a sense of reassurance, self-protection, safety, and peace.

Now, gently bring your awareness back to that moment of self-sabotage... But this time look at it through the lens of your strength. Ask yourself, ‘How might this strength help me handle this challenge differently? What could it look like to approach this moment with confidence in my own abilities?’

Take a few moments to picture yourself responding to the situation from this place of strength. Imagine how it would feel to believe in your potential, to move forward without judgment, trusting yourself to handle the moment.

What happens? Let the imagery play out...

It’s okay if this feels challenging. Growth takes time. Each small step forward is a reflection of your strength. Remind yourself that this inner strength is here whenever you need it. Each time you use it, it grows stronger and helps you navigate challenges in a way that supports and empowers you.

... As we come to a close, take a few more deep breaths. Allow a feeling of calm confidence to settle in. Know that this strength, this warmth within you, is something you can always come back to.

When you're ready, start to bring awareness back to your surroundings. Wiggle your fingers, move your toes, and gently open your eyes, bringing this sense of strength with you as you continue your journey."

*Close by inviting the client to reflect on the experience, perhaps asking them to share any insights or new perspectives they felt during the meditation.*

Dr. Laura Anne Copley