

Identifying Self-Sabotaging Thoughts and Reframing Them

Help clients become aware of their self-sabotaging thoughts and learn to reframe them using their own strengths and wisdom.

Instructions:

1. Identify a situation

Write about a recent situation where you feel you sabotaged your progress or goals.

2. List your self-sabotaging thoughts

Write down the thoughts that went through your mind during this situation.

3. Reframe your thoughts

Use the table below to challenge and reframe each thought with a more constructive, positive perspective.

Self-Sabotaging Thought	Evidence Against the Thought	Reframed Positive Thought

Example:

- **Self-sabotaging thought:** “I always fail, so there’s no point in trying.”
- **Evidence against the thought:** “I have succeeded in the past when I was persistent and tried again.”
- **Reframed positive thought:** “While I didn’t succeed this time, I’ve succeeded before, and I can learn from this experience. The lesson I have learned is...” (fill in the blank)

Reflection:

- How did reframing your thoughts make you feel?
- What is the difference between the close-minded, self-sabotaging thought versus the open-minded, reframed thought?
- How can you use this process in the future when you recognize self-sabotaging patterns?

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