

Stop Shooting Yourself in the Foot: End the Cycle of Self-Sabotage By Theresa Rose

Is there something you have always wanted to do that never seems to get done? For many of us, it's losing those pesky extra pounds, finding the perfect job or meeting Mr. Right. Maybe there are dormant creative pursuits percolating inside you like writing the next Great American novel, learning to ballroom dance or summoning the nerve to get onstage and sing Gloria Gaynor's "I Will Survive" during Karaoke Night at the local nightclub. No matter your wish, chances are you have sabotaged yourself at some point along the way. Why do we often short-circuit our successes, and what can we do to finally reach the finish line?

Just as there are an infinite number of dreams, there are also an infinite number of reasons we allow them to die on the vine. As we edge ever nearer to realizing our coveted desires, our inner self-saboteur frequently derails our efforts. We tell ourselves that we're too exhausted to add anything more to our already full plate, trot out the handy excuse du jour or create another drama to distract us from our mission. The reasons why we lay our own land mines is often a combination of three insidious forces: fear, low self-esteem and lack of trust.

Fear often lingers in the background, waiting to creep into our consciousness when we are at our most vulnerable. When we reach toward new heights, it can lead us to believe that we will inevitably fail at our attempts, causing depression, guilt and humiliation. Our low self-esteem then takes over, telling us we don't really deserve to have that fabulous experience in the first place. (We can almost hear our parents saying, "Who do you think you are?") Finally, the crushing blow comes from our lack of trust in the universe, that force which provides us with everything we need. Next is the litany of rationalizations for our failure. We decide we didn't really *want* it anyhow, our lives are just fine without it or we'll get around to it when the time is right. Uh-huh. Sure we will.

If you have decided you are ready to stop the vicious cycle of self-sabotage once and for all, here are a few handy tips to help you through the tough times when fear, low self-esteem and lack of trust rear their ugly heads.

- **Make sure you know what you really want.** It happens to all of us ... yet sometimes we say we want to do something, but in reality, it is not what we want, but rather what someone else wants – a partner, parent, co-worker, or friend. If your objective is not truly your heart's desire, you will eventually find ways to avoid it. We never do anything we *have* to do, only what we *want* to do. Your own joy will be the fuel you'll need to get to the end zone, so it is vital you are working toward your dream, not someone else's.
- **Shout it from the rooftops.** Once you have decided on your vision, start broadcasting it! We often hide our hopes from the outside world so we won't be embarrassed if we don't attain them. But, when we have the courage to publicly declare our desires, we have a far greater chance of actually realizing them. Tell your family and friends, create an ongoing blog or join like-minded

organizations. When you confidently speak about your dream, you are one step closer to achieving it.

- **Get off the couch.** When it comes to manifesting goals, inertia is the enemy. You cannot create something from nothing; there must be an additional level of effort expended in order to achieve your goal. If you find yourself lazing around longer than usual, ask yourself if there is something productive you can do instead of watching another tired reality show on the boob tube. Once you decide to get up and get moving, your enthusiasm will keep you going. You'll be glad you did!
- **Ask for help.** When things get difficult – and they will – remember to reach out to others for assistance. Whether it is emergency babysitting services from your neighbor, having a workout buddy to keep you on track or simply calling your best friend for emotional support, get your Dream Team in place to help you during the rough patches. All too frequently we try to carry our burdens alone, yet it is an act of strength to ask for the support we need.
- **Keep reminders.** It may seem silly, but posting little reminders will keep you focused on your goal and make you less apt to slip into neutral. Get a fun keychain that represents your future success, scribble your vision in lipstick on your bathroom mirror, or have an inspiring picture on your cell phone's wallpaper. It's the little things that keep us going when we get tired or lazy.
- **Go easy on yourself.** If you falter, be kind to yourself. Guilt and shame serve no one, and they will wreak havoc on you emotionally and physically. Everything that happens to us – even the so-called failures – contains a gift or lesson. See this time as an opportunity for you to discover where you still need clarity, help or healing. Just because you have stumbled doesn't mean you have to forego your future success altogether. You can decide to get back on the horse whenever you wish.

As you go after your big dreams, recognize your humanity and know that occasional slip-ups and misfires are completely normal. If you keep your eyes on the prize, get the help you need and consistently energize your vision, you will be fitting into those smaller jeans, dancing the tango and autographing your book before you know it!

Theresa Rose is the author of the newly released, tell-all book, "Opening the Kimono: A Woman's Intimate Journey Through Life's Biggest Challenges," which unflinchingly and often humorously tackles lifelong issues with body acceptance, sex and marriage, raising her now seven-year-old daughter, career ups and downs, and more. She wrote this book not only for her own healing process, but also to help other women heal. Theresa is a Reiki Master, intuitive healer, meditation facilitator, and inspirational speaker. For more information, visit www.TheresaRose.net.
