

Are You Sabotaging Your Success?

Do you find that despite your best efforts to ‘work on your dissertation’ or get going on your research, it just doesn’t happen? Is stress or the feeling of being overwhelmed negatively impacting relationships that would otherwise be a source of support to you?

Perhaps you are self-sabotaging.

What is self-sabotage?

Self-sabotage is a combination of thoughts, feelings and actions that create a roadblock to success by working against your own self-interests. It is a way that people create mental and emotional stress in their own lives.

Self-sabotage is not something that is done consciously. It is the result of limiting beliefs in the sub-conscious mind. It may be fear of the unknown, uncertainty or doubt, or a poor sense of self-worth. Typical self-sabotaging behaviors include:

- *Negative self-talk*: interpreting positive events as negative; creating self-fulfilling prophecies to prove your negative beliefs.
- *Perfectionism*: the belief that it is only through giving 100% to every project, assignment or cause that you will find success.
- *Procrastination*: routinely putting off tasks that need to be completed in a timely manner.
- *Poor conflict resolution skills*: confusing aggression with assertiveness.
- *Pessimism*: seeing circumstances or conditions as worse than they really are.
- *Taking on too much*: chronically over scheduling yourself either because you think you can handle it all, or because you don’t know how to say no to others’ demands on your time.

Beating self-sabotage and moving on to success

Fortunately, self-sabotage can be overcome. The first step is to recognize that it is happening. Exploring your answers to the following questions may help to bring clarity and insight as to the reasons for self-sabotaging and ways to move beyond it:

- Are you carrying any emotional baggage from the past?
- Is there something from your past that's still unresolved and keeping you stuck?
- Do you have limiting beliefs or inner conflict around what you can actually create in your life?
- Are there patterns you keep repeating in your life or relationships that cause you stress?

Seek assistance

The Johns Hopkins Student Assistance Program (JHSAP) is committed to assisting students in managing the challenges they face during their academic careers. JHSAP provides support to students in dealing with personal, academic and relationship problems.

If you are concerned that you are self-sabotaging your current or future success, you may benefit from more individualized services.

**For more information contact the Johns Hopkins Student Assistance Program
at 443-287-7000 or visit our website at www.jhsap.org**