

# SEVEN STONES

LEADERSHIP



Self-Sabotage Handout  
Created for  
For Chirobloom Tel Class  
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## **What is it?**

Simply put its when we get in our own way either consciously or unconsciously. We make a declaration not to eat chocolate because it hurts us and we do it anyway or we swear we are going to grow our business this year and then we do things that are not aligned with that objective. We all do it in small or not so small ways.

## **Why we do it:**

We do it because we are complex beings with multiple intentions, often operating simultaneously, and not in good alignment with one another. So, one part of us wants to eat well and be healthy while another one wants to take risks, live on the edge, party so to speak. If these parts of us are not aligned they get into internal battle. Sometimes one part wins, sometimes another part wins. That is why one day it looks like we are willing our intentions and the next it does not.

## **Ok so now what:**

### **Awareness. Acceptance. Action**

**Awareness:** The first step is to become aware of the part of you that is not aligned with your stated intention. Some people call them counter intentions. Some call them archetypal forces. Whatever you choose to call them, you have to notice them and be able to identify what is at work.

**Acceptance:** this is actually the hardest part for most of us. Acceptance is NOT the same as resignation or complacency. Acceptance is the ability to be with yourself exactly how you are. No running. No excuses. No judgment. Just being present with you exactly how you are and accepting that this is how humans are made: complicated, full of many intentions operating at once, and full of contradictions.

**Action:** Only inside of true acceptance and compassion does true shift happen. Awareness of our sabotage and acceptance of our sabotage then leads us to compassionate and conscious action on our own behalf. When we can see we can choose. When we can accept we can pause and that pause is the moment of freedom and power.