

## Self-Sabotage

Have you ever experienced this?... You're on a really great health-promoting program, you're exercising, getting adequate sleep, eating wholesome nutritious foods and steering clear of the junk... your attitude is positive and you're feeling really great! After a short amount of time living this way, you're thrilled with the wonderful results you're getting, and feel very sure that this is the New You. You've turned over a new leaf and are enjoying the benefits of success.

But, as a little more time passes, all of a sudden you find yourself falling back into old patterns. You know better, you know how these will affect you, but seem completely incapable of resisting. It's as if there's a second personality inside that has knocked you out and taken over temporarily. And it seems to only take over long enough to get satisfaction, and then you are back in charge, full of remorse and disappointment in yourself.

You may be puzzled by this because you notice how good you feel when you are doing all the right things... but as time goes by and the stresses of life get the better of you, you may, little by little, begin to do less and less of the health-promoting activities, or eat less and less of the nutritious foods, and eat more and more of the junk foods and before you know it, you've fallen right back into the old patterns that made you sick in the first place. You may think to yourself, *"Doing the beneficial things is not hard for me and I feel so good when I do them... so, why does it seem so difficult for me to stay on track?"* You may even fall into a little bit of a depression from this, feeling there is no hope for real and lasting change... at least for a while until you get inspired to try again, perhaps with a different coach or source of guidance.... and the cycle continues. The cycle may

continue indefinitely if you are in a pattern of self-sabotage.

Why does this happen? Before you beat yourself up too much over this pattern, consider that you may be in Psychological Reversal. This is when your subconscious is in direct conflict with your conscious brain. For example, you consciously want to be healthy, fit and successful, but, subconsciously you do not (maybe due to subconscious feelings of unworthiness, lack of self love, a need for self punishment, fear of responsibility and change, etc...). So, you sabotage yourself, then experience remorse, frustration, helplessness and maybe give up any hope altogether of lasting change. At the same time, a part of your psyche may be relieved. After all, this disappointed person is the one it is familiar with and knows how to function with.

Other factors, such as a lifetime of conditioning may still be at play. When you were a good kid, did you always get a sweet treat? Or some other kind of reward that was really unhealthy? So, where is your treat for all your good deeds now? What kind of reward are you getting now for your hard work and sacrifices? The conditioning of unhealthy foods as a reward can be a difficult pattern to change. It takes time and a new way of thinking. As challenging as it may seem to change this conditioning, it *is* possible (although can take time and many stumbles). It is also necessary because the same kinds of rewards you received when you were younger will only sabotage your success in life now.

Don't give up. There are therapies available that may work for you, and help you break the cycle of self-sabotage.