MODULE 2:
THROUGH THE FEAR

Module 2: Video Worksheet

All of your behaviour has a positive intent, even if it doesn't actually have a positive outcome. That's because we're hardwired for survival, and that means protecting ourselves against any negative threat.

What is the positive intent behind your self-sabotaging thoughts and behaviours? What are you trying to protect yourself from feeling or experiencing?

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We can't eliminate our fears or our protection instincts -we wouldn't want to! But we can use them in a new way that benefits us.

What new job can you give this protection instinct?

Example: If I self-sabotage to protect myself from the pain of failure, then to use this fear for my benefit, I could use it to protect me from the pain of settling for less than what I deserve.