

Pondering Point

Start up that new business. Go see the world. Take the plunge. Sometimes the thing that stands in the way from doing what we want isn't a thing at all – it's us. In moments of vulnerability we may use self-defeating language. "I can't do this." "I know if I try I will fail."

This self-sabotaging behavior stands in our way and can prevent us from achieving the love, success and happiness we desire. We may use this behavior as a coping method when we find ourselves surrounded in doubt and fear. The problem with using this as a security blanket is that it works! We convince ourselves that it would be safer to not take the risk. We trade potential long-term happiness for our short-term comfort.

Isn't it responsible to question the risk factor in our new ventures? Are we assessing the consequences in a factual and positive way? Are we consumed by fear and self-doubt? Recognizing self-defeating behaviors is the first step to changing them. We cannot change what we fail to admit exists as a problem. Putting ourselves in new adventures opens us to new opportunities and helps build resiliency. **Focusing on what we can accomplish can build our confidence and motivate us, improving our attitude.** We may never fully experience what life has in store for us until we get out of our own way!

Get out of your own WAY!

What would you do if you knew you couldn't fail?



Imagine... giving ourselves the benefit of the doubt and believing in what we can do!

— From Pondering to Practice —

Activity:

Try This - Talking about it out loud helps to provide moments of clarity.

Get together with a group of people that you feel safe with and share a time when you felt paralyzed by fear and doubt and how it kept you from seeking a new opportunity.

- What about the fear was debilitating for you?
(Keep breaking it down.)
- What are some of the good things that came out of that experience?
- Have you since conquered that fear?
- If so, identify the steps that you took to get past that and move on.

Reflection:

- What are some of your own self-defeating tendencies?
- How long are you willing to pay the price for your fears?
(The cost may include loneliness, hopelessness, isolation, boredom and health consequences.)
- What is the worst thing that can happen if you fail?

Try This - Positive Affirmations

If you repeatedly recite good things about yourself, over time you will actually begin to believe it. Give it a try and do it often.

Celebrate breaking the pattern of self-defeating behavior!

"The advantage of giving yourself a handicap is that you can have the illusion of success without having to risk losing it."

- Steven Berglas, a clinical psychologist at Harvard Medical School