A FREE FINDING HERS GUIDE

The Self-Sabotage Behavior Bank

A recognition guide for the everyday behaviors that can quietly interfere with what you want.

Notice the behavior. Understand the protection.

BEFORE YOU BEGIN

Self-sabotage can look ordinary

Self-sabotage is not always dramatic or obviously destructive. It can look responsible, agreeable, cautious, independent, or realistic.

A behavior may be self-sabotaging when it gives you immediate relief but repeatedly moves you away from something you genuinely want.

This is a recognition tool

It is not a diagnosis and it is not proof that something is wrong with you. Check only the behaviors that feel familiar, then look for patterns without judging yourself.

AS YOU READ, ASK

- Does this happen repeatedly?
- What do I feel immediately afterward?
- What does this help me delay, escape, avoid, or control?

Curiosity will tell you more than criticism ever could.

BEHAVIOR BANK 01

Avoiding action

When beginning, continuing, or finishing makes the outcome feel too real.

- [ ] Waiting until you feel completely confident before beginning
- [ ] Researching, planning, or preparing indefinitely instead of acting
- [ ] Procrastinating until there is not enough time to do your best
- [ ] Distracting yourself when a task becomes emotionally uncomfortable
- [ ] Avoiding emails, applications, balances, feedback, or results
- [ ] Starting several new ideas without completing the current one
- [ ] Creating an unrealistic plan, then abandoning it when you cannot maintain it
- [ ] Saying you need more information when you may actually need more self trust

THIS MAY HELP YOU AVOID

Uncertainty, evaluation, failure, disappointment, or discovering what happens when you genuinely try.

BEHAVIOR BANK 02

Shrinking and hiding

When being less visible feels safer than being fully seen.

- [ ] Staying quiet even when you have something meaningful to contribute
- [ ] Downplaying your abilities, goals, preferences, or accomplishments
- [ ] Making your work smaller so fewer people can judge it
- [ ] Avoiding posting, applying, pitching, performing, or promoting yourself
- [ ] Pretending not to care about something you deeply want
- [ ] Changing your opinion after noticing someone disagrees
- [ ] Using self deprecating humor before anyone else can criticize you
- [ ] Remaining easygoing so no one has to respond to your actual needs

THIS MAY HELP YOU AVOID

Judgment, rejection, conflict, increased expectations, envy, or the risk of being misunderstood.

BEHAVIOR BANK 03

Distrusting yourself

When someone else's approval feels safer than standing behind your own decision.

- [ ] Asking several people what you should do before trusting yourself
- [ ] Needing permission before taking ordinary actions
- [ ] Changing a decision as soon as someone responds with doubt
- [ ] Choosing what appears safest instead of what feels aligned
- [ ] Delaying until someone else makes the decision for you
- [ ] Repeatedly seeking reassurance after you have already chosen
- [ ] Ignoring your first answer until another person validates it
- [ ] Letting someone else's discomfort determine your direction

THIS MAY HELP YOU AVOID

Responsibility, regret, disapproval, punishment, conflict, or the possibility of making the wrong choice.

BEHAVIOR BANK 04

Overcommitting

When keeping other people comfortable costs you your own capacity.

- [ ] Saying yes before checking your time, energy, or actual desire
- [ ] Agreeing to plans and panicking when the day arrives
- [ ] Offering more time, labor, or support than anyone requested
- [ ] Avoiding boundaries until you become resentful or disappear
- [ ] Apologizing for reasonable needs or limits
- [ ] Making yourself responsible for preventing disappointment
- [ ] Agreeing in the moment, then canceling or withdrawing later
- [ ] Staying constantly available so no one can call you selfish or difficult

THIS MAY HELP YOU AVOID

Guilt, rejection, conflict, abandonment, disappointment, or being perceived as difficult.

BEHAVIOR BANK 05

Disrupting progress

When success creates unfamiliar pressure, visibility, or responsibility.

- [ ] Becoming inconsistent once something begins working
- [ ] Quitting after receiving praise, attention, or a new opportunity
- [ ] Moving the goalpost whenever you make meaningful progress
- [ ] Returning to familiar habits after a breakthrough
- [ ] Rejecting an opportunity because you do not feel ready enough
- [ ] Comparing yourself until your own progress feels meaningless
- [ ] Focusing on one imperfect detail and dismissing the entire result
- [ ] Treating one difficult day as proof that the whole plan failed

THIS MAY HELP YOU AVOID

Visibility, pressure, maintaining success, unfamiliar responsibility, or becoming someone you do not yet know how to be.

NOTICE THE PATTERN

Choose one behavior

You do not need to analyze every box you checked. Start with the behavior that appears most often or costs you the most.

I WANT TO...

BUT I REPEATEDLY...

IMMEDIATELY AFTERWARD, I FEEL...

THIS BEHAVIOR MAY HELP ME AVOID...

IN THE LONG TERM, IT COSTS ME...

Recognition is the beginning

Your self-sabotage may not mean you do not want the goal. It may mean that some part of reaching it still feels unsafe.

FOLLOW @FINDINGHERSS FOR THE PATTERNS UNDERNEATH YOUR BEHAVIOR