



Stop Personal & Relational Sabotage

*Reprogram your mind,
address your limiting beliefs and fears*

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Sabotage and Self-Esteem

We get in our own way...

A shaky sense of self perpetuates low self-esteem

The Fear and Low Self-esteem Cycle:

Certain social demand or new experience – we are excited or believe we can't handle it

Situation threatens personal safety – if we believe we can't handle it, we might perceive it as a threat

Situation is unfamiliar or confusing – when we feel threatened, we feel fear

We personalize the situation – then we personalize the situation to cope with it

Coping impulse – we go to our automatic "coping" where our:

Perception = Distorted

Meaning = Lose integrity/Self

Feeling rule = Don't

Coping style = Blame, placate, intellectualize, or distract

Talking rule = Don't

Impulsive action – we act with our usual reaction to control some aspect of our environment or our reaction to it in order to avoid the fear... This may involve swallowing our feelings, raging explosively, or resorting to an addiction or habit to block our feelings. They have the adaptive value of protecting us...

Effect of action – in attempting to control we lose control... Our actions are usually self-defeating or self-destructive.

Shame – the experience confirms/reinforces our low self-esteem... And, low self-worth...

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Low Self-Esteem Breeds Codependency

It's challenging to hang on to our Self in the face of another...

Mutual reliance is a desirable aspect of intimacy, but codependency blocks intimacy...

Ignoring our own needs in favor of the needs of others, masks fear and vulnerability.

Trying to gain support, validity, protection, and/or control we can actually lose ourselves. We don't observe personal ownership and appropriate boundaries:

- We lack clarity, allow inappropriate behavior towards us, and we refrain from self-care...
- We give our power away and become helpless when we "people please" and making what others think too important - looking to others to know what we need and how to act.
- We believe that others will meet our needs if we meet theirs - we become resentful when they don't.
- We need others to make us feel whole - we stay in an unfit relationship.
- We expect that others will see the world as we do - we do not understand that they have wants and needs which are different from ours.
- Hear only information about ourselves - we become self-absorbed.

Our negative beliefs about ourselves are verified... We think we are wrong, bad/not good enough/inadequate, unwanted and to blame for whatever negative happened.

We deny responsibility (to avoid the fear) by placating, manipulating, or resenting these close relations. At the same time, we are willing to do anything to avoid rejection. So we may enable to "keep the peace" and the attachment...

When we avoid our fears in this controlling and self-absorbed way, we distort our perception of events and circumstances to be entirely "about us." We enmeshed with others and judge ourselves by their behavior toward us. What we fear others will say about us is what we actually think about ourselves...

Perpetuating the fear avoidance, low self-esteem, codependency and the patterns in our life.

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The Fuel Equation

Be the Boss of You

Our thoughts create our feelings and drive our actions...

Conscious Mind – Create a Mental Hygiene Habit

Reduce Mental Chatter/Noise

Have Positive Outlook

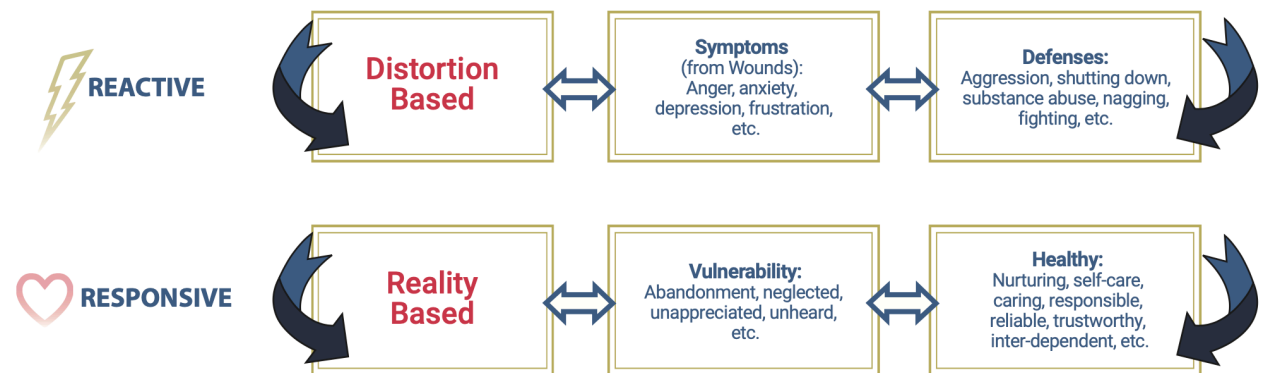
Address Cognitive Distortions

Clean Script

Subconscious Mind – Reprogram Your Mind

- Brain Dump
- Growing Up Messages
- Limiting/False Beliefs
- Unreasonable Fears

Situation ➡ Thoughts/Scripts ➡ Emotions/Feelings ➡ Actions/Behaviors



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Reprogram Yourself...

Take charge of your Operating System Reprogramming Your Subconscious Mind

Take Stock...

In your Journal capture: How do you sabotage yourself? How do you hold yourself back? How are you stuck? What habits undermine your wellness, connection and success?

What would you like to be different about how you show up, about your relationship dynamics, flavor, brand, and your life in general?

Brain Dump

❖ In your Journal, draw the columns below and capture in the respective columns - your thoughts about a situation, event, partner, or relationship. Your feelings, your emotions. And, how react or behave as a result...

Thoughts / Scripts	Emotions / Feelings	Actions / Behaviors

❖ Then, do another set of 3 columns, and now clean your thinking to make it more facts and reality based. Capture these from a heart-centered and compassionate lens... Then capture how you feel when you look at things this way... And, how you would respond or do instead...

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Growing Up Messages

In your Journal capture: What messages did you receive about yourself and the world growing up? What messages did you receive about how to be? What was valued? What were the “shoulds”?

Identify how these influence your quirks, idiosyncrasies, sensitivities, pet peeves, obsessions, limitations, choices, etc...

Identify how these have been restrictive, how they have jaded you, how they feed your Ego, what negative impact they've had in your life and relationships.

From your Higher Self perspective, take a look at these and decide which you no longer accept. Choose how you want to be instead...



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Limiting/False Beliefs

Identify how messages from growing up inform your Beliefs...

Check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> I'm not good enough | <input type="checkbox"/> Routines are boring |
| <input type="checkbox"/> I'm not as good as good as my partner, sibling, friend, colleague, the competition | <input type="checkbox"/> I'm ugly |
| <input type="checkbox"/> I'm never going to be successful | <input type="checkbox"/> I'm fat |
| <input type="checkbox"/> I don't have what it takes to be successful | <input type="checkbox"/> I'm not fit |
| <input type="checkbox"/> I'm never going to make a lot of money | <input type="checkbox"/> I'm too short |
| <input type="checkbox"/> I can't manage money | <input type="checkbox"/> I'm too tall |
| <input type="checkbox"/> I can't make more money than my partner | <input type="checkbox"/> I'm not put together |
| <input type="checkbox"/> I'm not good with numbers | <input type="checkbox"/> I'm not desirable |
| <input type="checkbox"/> I'm not good at reading | <input type="checkbox"/> I'm not attractive |
| <input type="checkbox"/> I don't care about self help, self growth, continued / deeper learning | <input type="checkbox"/> I'm not sexy |
| <input type="checkbox"/> I'm lazy | <input type="checkbox"/> I suck in bed |
| <input type="checkbox"/> I get overwhelmed easily | <input type="checkbox"/> I don't know how to kiss |
| <input type="checkbox"/> I can't handle stress | <input type="checkbox"/> I don't like affection |
| <input type="checkbox"/> No matter what I do, it's never good enough | <input type="checkbox"/> I don't like being touched |
| <input type="checkbox"/> I can't do anything right | |
| <input type="checkbox"/> I have to work till I drop/sacrifice for my career or business | |
| | <hr/> |
| <input type="checkbox"/> I'm not smart | <input type="checkbox"/> Emotional people are needy |
| <input type="checkbox"/> I'm not emotionally intelligent | <input type="checkbox"/> I don't need anyone else |
| <input type="checkbox"/> I'm not intuitive | <input type="checkbox"/> I can't take care of myself |
| <input type="checkbox"/> I'm not strong | <input type="checkbox"/> I need others to be ok |
| <input type="checkbox"/> I'm not patient | <input type="checkbox"/> I can't be alone |
| <input type="checkbox"/> I'm not caring | <input type="checkbox"/> I can't be tied down |
| <input type="checkbox"/> I'm mean | <input type="checkbox"/> Commitment is suffocating |
| <input type="checkbox"/> I'm not neat | <input type="checkbox"/> Being in relationship is hard work |
| <input type="checkbox"/> I'm not organized | <input type="checkbox"/> We have to do everything together |
| <input type="checkbox"/> I'm not disciplined | <input type="checkbox"/> I'm selfless |
| <input type="checkbox"/> I can't focus | <input type="checkbox"/> I have to take care of others |
| <input type="checkbox"/> I'm not a morning person | <input type="checkbox"/> I have to put others before myself |
| <input type="checkbox"/> I don't like structure | <input type="checkbox"/> Self sacrifice is noble |
| | <input type="checkbox"/> I have to do everything alone |
| | <input type="checkbox"/> Can't trust anyone |
| | <input type="checkbox"/> I need a lot of Me time |
| | <input type="checkbox"/> I need a lot of Us time |
| | <input type="checkbox"/> I don't deserve attention |
| | <input type="checkbox"/> I don't deserve caring |
| | <input type="checkbox"/> I don't deserve love |
| | <input type="checkbox"/> If I speak up I'll be judged |
| | <input type="checkbox"/> If I ask for what I need my partner will leave me |

These are NOT TRUE!

You are an amazing person in and out...

You are a Magnificent Being having a human experience...

You are Magnificent!

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Unreasonable Fears

Identify how messages from growing up inform your Fears...

Check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> Fear of rejection | <input type="checkbox"/> Fear of being authentic |
| <input type="checkbox"/> Fear of overwhelm | <input type="checkbox"/> Fear of showing up |
| <input type="checkbox"/> Fear of success | <input type="checkbox"/> Fear of not fitting in |
| <input type="checkbox"/> Fear of failure | <input type="checkbox"/> Fear of not getting it |
| <input type="checkbox"/> Fear of what others will think | <input type="checkbox"/> Fear of not having enough |
| <input type="checkbox"/> Fear of humiliation | <input type="checkbox"/> Fear of facing my deepest truth |
| <input type="checkbox"/> Fear of making mistakes | <input type="checkbox"/> Fear of criticism |
| <input type="checkbox"/> Fear of becoming greedy | <input type="checkbox"/> Fear of my own power |
| <input type="checkbox"/> Fear of the unknown | <input type="checkbox"/> Fear of not being wanted |
| <input type="checkbox"/> Fear of asking for money | <input type="checkbox"/> Fear of not measuring up |
| <input type="checkbox"/> Fear of having money | <input type="checkbox"/> Fear of being judged |
| <input type="checkbox"/> Fear of confrontation | <input type="checkbox"/> Fear of not measuring up |
| <input type="checkbox"/> Fear of losing freedom | <input type="checkbox"/> Fear of not being able to handle things |
| <input type="checkbox"/> Fear of losing my Self | <input type="checkbox"/> Fear of not getting married |
| <input type="checkbox"/> Fear of making it | <input type="checkbox"/> Fear of not having children |
| <input type="checkbox"/> Fear of doing well | <input type="checkbox"/> Fear of missing out in life |
| <input type="checkbox"/> Fear of losing it all | <input type="checkbox"/> Fear of wasting my life |
| <input type="checkbox"/> Fear of being exposed | <input type="checkbox"/> Fear of getting married |
| <input type="checkbox"/> Fear of not being enough | <input type="checkbox"/> Fear of having children |
| <input type="checkbox"/> Fear of not doing things right | <input type="checkbox"/> Fear of Fear of being left |
| <input type="checkbox"/> Fear of getting emotionally hurt | <input type="checkbox"/> Fear of being alone |
| <input type="checkbox"/> Fear of getting physically hurt | <input type="checkbox"/> Fear of being controlled |
| <input type="checkbox"/> Fear of being vulnerable | <input type="checkbox"/> Fear of letting go |

**Although your fears feel real,
they DON'T ACTUALLY EXIST!**

"Fear is not of the present, but only of the past and future, which do not exist. There is no fear in the present when each instant stands clear and separated from the past, without its shadow reaching into the future... And the present extends forever."

~ A Course In Miracles

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Referring to the last two sections, objectively knowing that you can have, be or do ANYTHING, as a Magnificent Being...

Answer these in your Journal:

- ❖ Do the shoulds, values and set of believes make sense? Is it possible that they don't serve you and that the beliefs could be false? Can you challenge these? What facts and exceptions are you aware of that negate these?
- ❖ Which of the fears do you feel hold you back in a key area of your life and how (i.e., from taking action on opportunities, from taking care of your self, from being intimate with others)?
- ❖ How would your life change if you didn't have these should, values, believes and fears anymore?
- ❖ Drawing on the skills and tools you already have, what will you do differently going forward? What skills and tools do you need to acquire to do things differently going forward?

Take an action to start doing something differently, and/or to gain a new skill or tool.



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Ongoing Reprogramming Tools

Tools to add to your Mental Hygiene Habit, as part of your Self-Care Practice:

- **Thought Download**
- **Self Hypnosis**
- **Alpha brain waves**
- **Affirmations**
- **Visualizations**
- **Vision boards**
- **Mind movies**
- **Goal cards**
- **Others:**



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