



Presented by BU Happiness College

Self Sabotage, Negative Self Talk & Procrastination

www.buhappinesscollege.com





Self sabotage is knowing exactly what you need to do to improve but not doing it.

It's procrastinating doing the very things you know will make you happier.

It's waiting until things are 100% perfect until you do them.

It's remaining in the comfort zone because of fear of failure or the uneasiness of change.

Are you a prisoner of your own thoughts? It's time to take responsibility - acknowledge you have put yourself in this mindset, but you also have the power to free yourself.



Creating awareness

Self Sabotage

When you undermine your own goals and values. Acknowledging that there's something that you genuinely want and believe is good for you, but then you do things that directly conflict with that goal.

Can be **conscious**: eg. Knowing you need to cook dinner, but scrolling your phone instead. Or **un-conscious**: eg. Withdrawing from a relationship when problems arise because of fear of previous relationship patterns.

Procrastination

The action of unnecessarily and voluntarily delaying or postponing something despite knowing that there will be negative consequences for doing so.

Examples where self sabotage & procrastination can occur:

Studying, taking action on achieving a goal, leaving a relationship, moving house, leaving a job you don't like, wanting to change habits - drinking less, eating healthier, less screen time.

Daily 'mundane' tasks as well as big things and daily rituals / habits.

Where do I notice these coming up for me?



Areas of the brain that affect self sabotage & procrastination

Limbic system

Reptilian brain. Emotional. Fight or flight. Survival responses & behaviour like feeding, looking for danger, reproduction & caring for children.

Emotional: 'I don't feel like it. I don't want to'

Pre-Frontal Cortex

Logical thinking, planning, understanding consequences & emotions. Calming yourself down, critical thinking, debating / considering things without getting emotional.

Logical: 'I need to do this, I should be doing this.'



Eg. Getting out of the shower.

Logical brain - 'Let's get out of the shower I have things to do.'

If you wait too long your emotional (limbic) side kicks in: 'Wait, this is nice! I want to stay in the shower it's warm & relaxing in here' etc.

Getting out of bed, putting your shoes on & going to the gym, cleaning the house, studying, doing an assessment etc.



Reasons self sabotage & procrastination happen



Too many options



Perfectionism



Black or White thinking



Scared to lose what you have



No past evidence or proof



Worried about what others think / feel

Which of these do I recognise coming up for me?

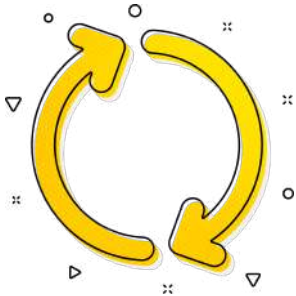
A large, empty, light gray rounded rectangular box intended for the user to write their answers to the question above.

Your Tools



5 second rule

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**Embrace
impermanence**

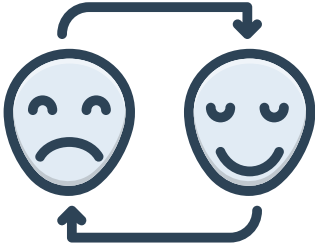
Large empty rounded rectangular box for notes related to embracing impermanence.



**Give yourself only
2 choices**

Large empty rounded rectangular box for notes related to giving yourself only two choices.

Your Tools



Accept uncomfortable emotions

Large empty rounded rectangular box for notes or reflection.



You can't please everyone

Large empty rounded rectangular box for notes or reflection.



What are YOU worried about?

Large empty rounded rectangular box for notes or reflection.

A photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...