



CLARITY

*Step Five:
Know Your Sabotages*

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“Sometimes we self-sabotage just when things seem to be going smoothly. Perhaps this is a way to express our fear about whether it is okay for us to have a better life. We are bound to feel anxious as we leave behind old notions of our unworthiness. The challenge is not to be fearless, but to develop strategies of acknowledging our fears and finding out how we can allay them.”

— Maureen Brady

Stage 2: Pick up the Phone

At this point, you’ll have begun to practice acceptance and compassion. You’ll have taken - or be in the midst of taking - a forty day information detox. And you’ll have begun to connect more deeply with your intuition and your spirit guides.

On one level things might be starting to become more clear to you. You might feel as if you’re opening up to spirit in a new way.

On another level you might also be feeling frustrated and a little crazy, not knowing what to do with this new level of intuition and spiritual guidance. This is a time when your sabotages and emotional blocks will do everything they can to get in your way and stop you from stepping into this new way of living.

While you continue to practice acceptance and connecting with your intuition and spirit guides, you will also need to watch out for your personal sabotages and work on releasing the blocks that will want to get in your way.

Step 5: Know Your Sabotages

A while back I sat down and made a list of all the things I do to sabotage myself. I had noticed that whenever I seemed to be making progress at my goals, I would suddenly do things that didn't support me at all.

I finally realized that I was taking those actions precisely because things were going well and that was a little scary. I was hitting what Gay Hendricks calls an upper limit and my ego was bringing me back down.

You see, when you start to move towards your calling, fear of success will hold you back just as strongly as fear of failure.

So you'll sabotage yourself.

Yet when you find yourself in sabotage mode, your actions don't mean you're doomed to fail.

In fact they mean the opposite.

They mean you were succeeding and you need to get back on track.

Here's my sabotage list:

Stay up too late.

Re-organize my home.

Stop meditating and writing.

Feel stuck and overwhelmed.

Spend too much time online.

Spend too much time inside/not enough time in nature.

Get angry.

Get sad.

Decide I am dying.

Worry my loved ones will die.

Binge watch Netflix shows.

Pick fights with my partner.

Listen to way too many podcasts.

Sign up for way too many newsletters.

Recognize any of these?

Recently, I went through an emotional slump. I felt depressed yet I had this weird feeling that I wasn't really depressed. I had a feeling that I had actually taken a huge leap in my spiritual progress and the depression was me trying to sabotage that progress.

Being able to step outside of my depression and view what was happening from a distance helped me to get out of it quickly so that I could get back to what I needed to be doing.

I knew that self-sabotage would lead me to stop meditating, stop writing, and get discouraged. So I very consciously continued to meditate and write even when I didn't want to. And yes, I did get discouraged, but that was tempered by the knowledge that the depression was really just a sign I was moving forward.

When you know what your sabotages are, it's much easier to let them go in service to a bigger plan.

Your Practice: Create Your Sabotage List

Create your own sabotage list and put it somewhere that you'll see it often. Mine is a note in my smart phone. When you know what your sabotages are, you can catch yourself doing them and get back on track more quickly. This doesn't mean you'll never sabotage yourself. On the contrary, you'll probably do it all the time. But being aware of what you are doing will help you to get out of that mode as quickly as possible and back to what you are meant to be doing.