

3-DAY ONLINE MASTERCLASS

JULY 17, 18, 19 | 2023

MASTERCLASS WORKBOOK

STOPPING SELF-SABOTAGE



PRESENTED BY
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INTRODUCTION STOPPING SELF-SABOTAGE

Are you your own worst enemy?

Well, you're not the only one – many people struggle with self-sabotaging behaviors and patterns, but it's different for everyone. Self-Sabotage doesn't care about your age or gender, where you come from, what you believe or what you've already achieved.

Exploring the causes of – and solutions for stopping – self-sabotage requires one thing – **YOU**.

Throughout the course of this 3-day online masterclass, you will –

DISCOVER ROOT CAUSES & HIDDEN PATTERNS | Uncover the deep-rooted patterns and beliefs that have been sabotaging your progress. Gain valuable insights into why you've been holding yourself back and learn how to overcome these limitations.

DEVELOP TOOLS & TECHNIQUES FOR SELF-EMPOWERMENT & SUCCESS | Learn proven techniques and strategies to break free from self-sabotage and create a mindset of success, with practical tips and actionable steps to help you take charge of your life. Gain access to a comprehensive toolkit of resources, exercises, and techniques that will empower you to conquer self-sabotage. Start implementing these tools immediately and experience remarkable transformations.

UNLOCK YOUR FULL POTENTIAL | Imagine what you could achieve if you were no longer held back by self-doubt and limiting beliefs. Tap into your full potential and embrace the success and happiness you truly deserve. Break free from self-sabotage and start living the life you've always dreamed of. Take the first step towards a more empowered, fulfilling life.



INTRODUCTION STOPPING SELF-SABOTAGE

INTERACTIVE WORKBOOK

Throughout this workbook you will find fillable gray boxes to take notes, record your thoughts, and start practicing the tools to help you stop self-sabotage.

Make sure you have a PDF reader installed on your device, and then download and save this workbook.

Open up the saved workbook, click a box, and start typing (and don't forget to hit "save" occasionally as you work). If you prefer to write by hand, print the workbook, find your favorite pen, and start scribbling.

If neither of these options work for you, get creative – open a note document on your phone or computer, or find a spare piece of paper and anything to write with – you can do it!

SELF-REFLECTION PRACTICE PROMPT

What are 3 things you hope to learn from this masterclass?

DAY ONE | IDENTIFYING SELF-SABOTAGE

LESSON ONE OBJECTIVES

- Understand the definition of self-sabotage and its consequences.
- Identify common signs and patterns of self-sabotaging behavior.
- Reflect on personal experiences of self-sabotage and their impacts.

LESSON ONE INSIGHTS

- 1.1 What is Self-Sabotage?
- 1.2 The Impact of Self-Sabotage
- 1.3 Signs and Patterns of Self-Sabotage
- 1.4 Reflecting on Personal Experiences

LESSON ONE EXERCISES

- Journaling Prompt
- Self-Reflection Questions

DAY TWO | EXPLORING THE ROOT CAUSES

LESSON TWO OBJECTIVES

- Uncover the underlying beliefs and fears that drive self-sabotage.
- Recognize the influence of past traumas on self-sabotaging patterns.
- Engage in journaling exercises for self-reflection and introspection.

LESSON TWO INSIGHTS

- 2.1 Uncovering Underlying Beliefs
- 2.2 Exploring Fear and Self-Sabotage
- 2.3 Addressing Past Painful Experiences
- 2.4 Journaling for Self-Reflection

LESSON TWO EXERCISES

- Belief Exploration
- Past Reflection
- Journaling Prompts



DAY THREE | BUILDING SELF-AWARENESS

LESSON THREE OBJECTIVES

- Develop mindfulness techniques to recognize self-sabotage.
- Practice self-observation & detachment from negative thought patterns.
- Implement daily self-check-ins to monitor self-sabotaging tendencies.

LESSON THREE INSIGHTS

- 3.1 Cultivating Mindfulness
- 3.2 Recognizing Negative Thought Patterns
- 3.3 Self-observation and Detachment
- 3.4 Daily Self-Check-Ins

LESSON THREE EXERCISES

- Mindful Breathing
- Negative Thought Patterns
- Self-Observation Journaling
- Daily Self-Check-In

LESSON ONE IDENTIFYING SELF-SABOTAGE



LESSON ONE OBJECTIVES

- Understand the definition of self-sabotage and its consequences.
- Identify common signs and patterns of self-sabotaging behavior.
- Reflect on personal experiences of self-sabotage and their impacts.

LESSON ONE INSIGHTS

1.1 | WHAT IS SELF-SABOTAGE?

A large, empty rectangular box with a light gray background, intended for notes or reflections.

LESSON ONE IDENTIFYING SELF-SABOTAGE

LESSON ONE INSIGHTS

1.2 | THE IMPACT OF SELF-SABOTAGE

1.3 | SIGNS AND PATTERNS OF SELF-SABOTAGE

1.4 | REFLECTING ON PERSONAL EXPERIENCES

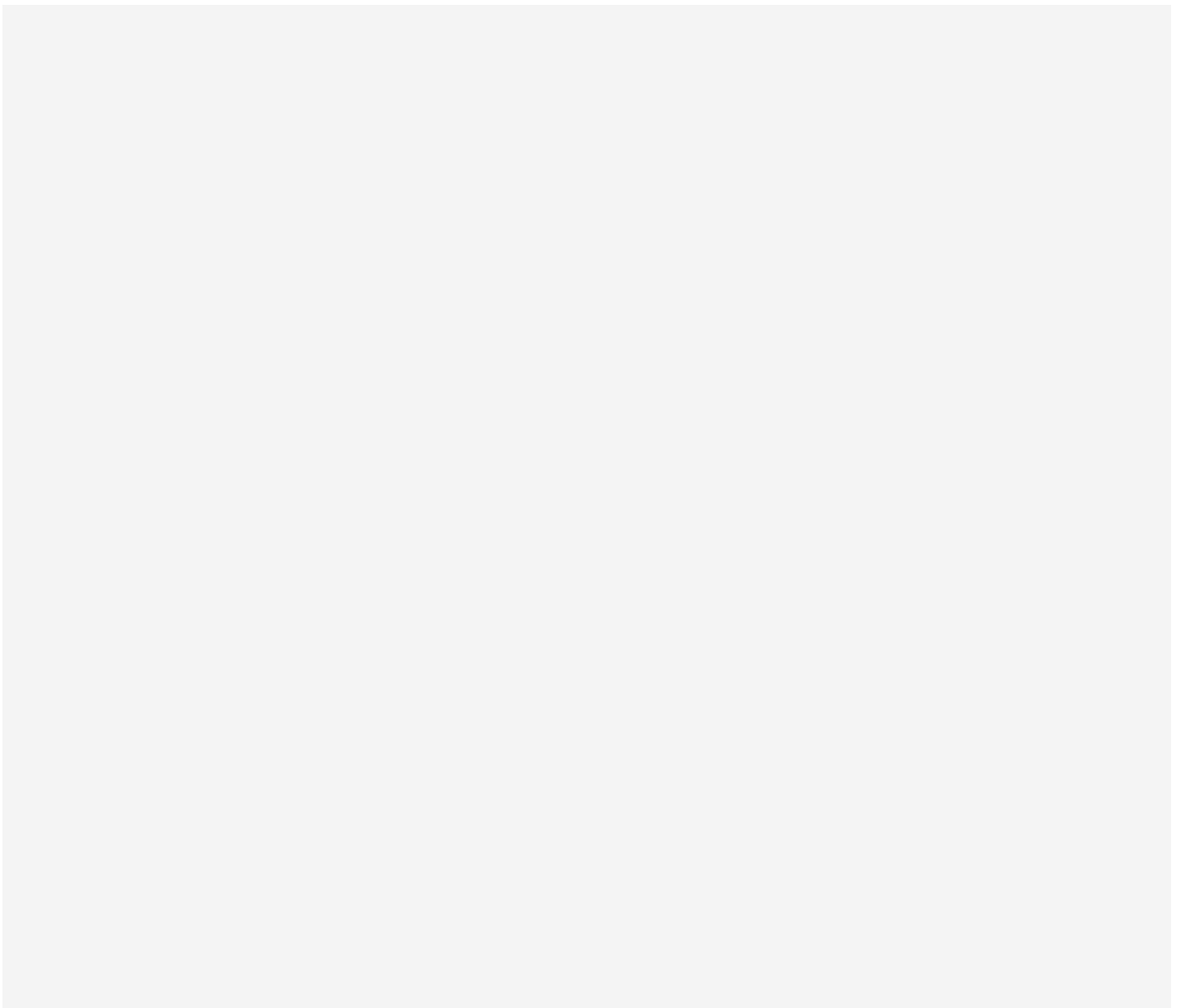
LESSON ONE IDENTIFYING SELF-SABOTAGE

LESSON ONE EXERCISES

JOURNALING EXERCISE

Reflect on a recent experience where you felt you may have engaged in self-sabotaging behavior.

Write about the specific actions or thoughts that contributed to the self-sabotage and how it affected your progress or well-being.



LESSON ONE IDENTIFYING SELF-SABOTAGE

LESSON ONE EXERCISES

SELF-REFLECTION QUESTIONS

What are some common signs of self-sabotage that you have noticed in your own life?

Can you identify any patterns or triggers that lead to self-sabotaging behaviors?

How do you think self-sabotage has hindered your personal growth and success?

LESSON TWO EXPLORING THE ROOT CAUSES



LESSON TWO OBJECTIVES

- Uncover the underlying beliefs and fears that drive self-sabotage.
- Recognize influence of past experiences on self-sabotaging patterns.
- Engage in journaling exercises for self-reflection and introspection.



GUEST SPEAKER
DEB DREDDEN

DebDredde.com

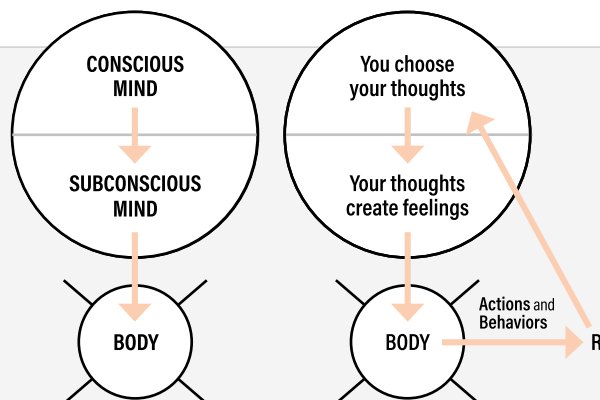


DEB DREDDEN is a leading Mindset Expert and Master Executive Coach, and the Founder of **Deb Dredde Transformational Coaching**, one of the most sought-after coaching practices based in Salt Lake City, Utah. In addition to running her own company, Deb is a Founding Member and Faculty of the Conscious Coaching Academy, the world's only Elite Influencer Coaching Accreditation™ – independently assessed and verified by the industry's longest and most established Accreditation body, the European Coaching & Mentoring Council. Deb has over 30 years of professional coaching experience, both in her 2+ decades as an Executive and Officer in the retail field, and now with her own coaching business. Deb is also an author, trainer, and speaker, and has worked with Fortune 50 – 500 companies, such as Walmart, L Brands, Samsonite, and more, helping thousands of people achieve their personal and professional goals. Her credentials also include her role as:

- Advisory Director and Coach with Stanton Chase, one of the top 10 retained search firms operating around the globe
- A member of the Maxwell Leadership Team, the largest leadership development organization in the world
- Affiliate Coach with Carlson/Young, an organization focused on the uncommon development of exceptional leadership
- Amazon Best-Selling Author of *Choice Is Your SuperPower!® 7 Surprisingly Simple Steps to Break Through Your Boundaries, Skyrocket Your Self-Esteem, and Unleash Your Inner Genius – Starting Today!*

LESSON TWO INSIGHTS

2.1 | UNCOVERING UNDERLYING BELIEFS



LESSON TWO EXPLORING THE ROOT CAUSES

LESSON TWO INSIGHTS

2.2 | EXPLORING FEAR & SELF-SABOTAGE





2.3 | ADDRESSING PAST PAINFUL EXPERIENCES

2.4 | JOURNALING FOR SELF-REFLECTION

LESSON TWO EXPLORING THE ROOT CAUSES

LESSON TWO EXERCISES

BELIEF EXPLORATION

Identify one or more self-limiting beliefs you hold about yourself or success. Write it down and reflect on how it may have contributed to your self-sabotaging behaviors. Challenge this belief by finding evidence that contradicts it and write a more empowering belief to replace it. Start practicing in the space below.

SELF-LIMITING BELIEF	REFLECT & REFRAME	SELF-EMPOWERING BELIEF
SELF-LIMITING BELIEF	REFLECT & REFRAME	SELF-EMPOWERING BELIEF
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LESSON TWO EXPLORING THE ROOT CAUSES

LESSON TWO EXERCISES

PAST REFLECTION

Reflect on a painful experience from the past that may be influencing your self-sabotage. Write about how this experience has impacted your beliefs, emotions, and behaviors. *(Please consider seeking support from a therapist or counselor to further process and heal from painful and traumatic experiences.)*

JOURNALING PROMPTS

Choose a set of prompts related to self-sabotage and use journaling to explore your thoughts and emotions. Write freely and honestly, allowing yourself to dig deeper into your self-sabotaging tendencies – and uncover ways to start overcoming them!

Here are some suggestions –

- What are my biggest life goals?
- What small step can I take right now to get closer to my goals?
- What can I commit to today?
- When will I start?
- Do I have an accountability partner? / Do I need one?
- How often do / should I meet with them?
- How does / can my accountability partner support me?
- Have I considered working with a consultant / coach?

LESSON THREE BUILDING SELF-AWARENESS

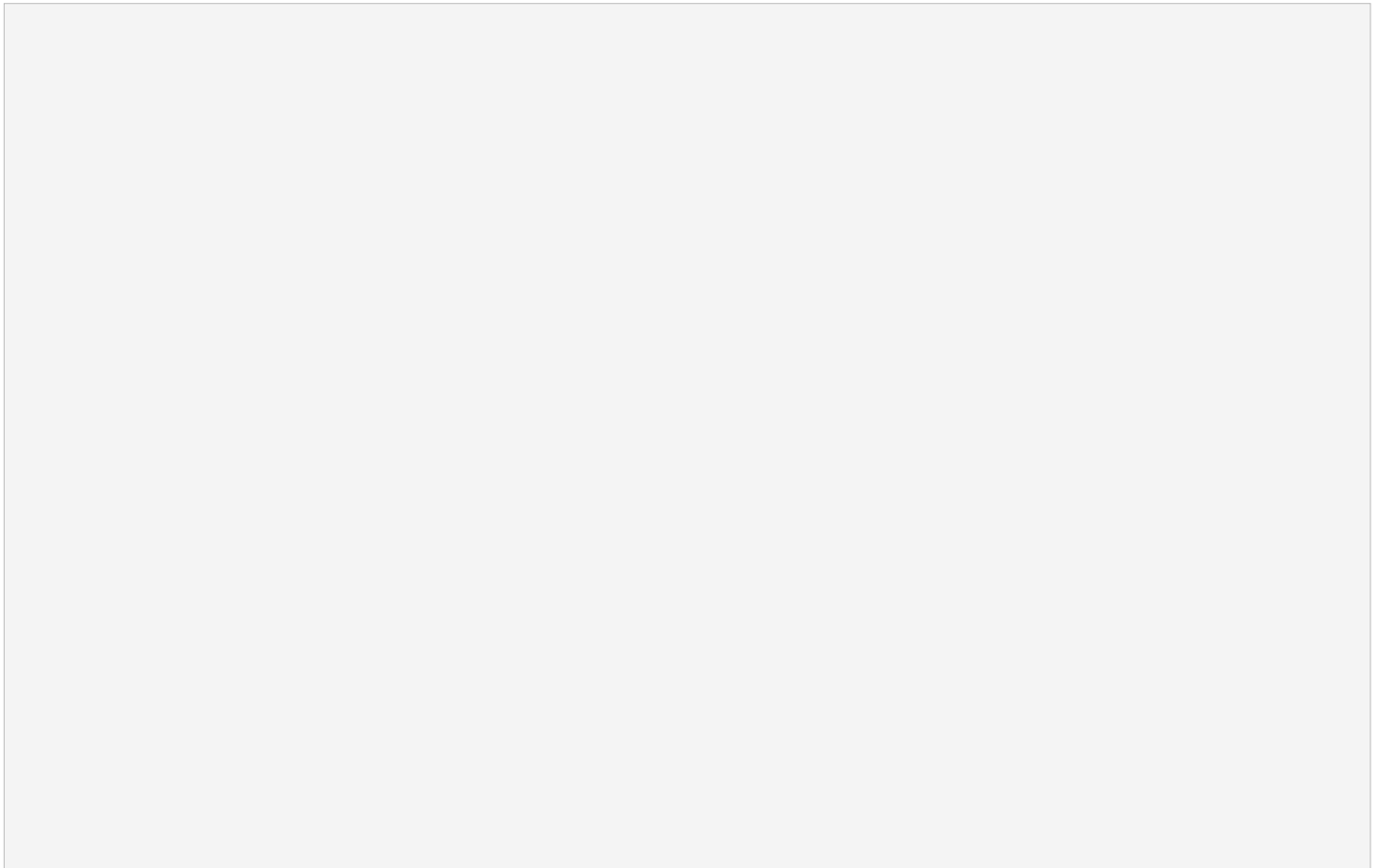


LESSON THREE OBJECTIVES

- Develop mindfulness techniques to recognize self-sabotage.
- Practice self-observation & detachment from negative thought patterns.
- Implement daily self-check-ins to monitor self-sabotaging tendencies.

LESSON THREE INSIGHTS

3.1 | CULTIVATING MINDFULNESS



LESSON THREE BUILDING SELF-AWARENESS

LESSON THREE INSIGHTS

3.2 | RECOGNIZING NEGATIVE THOUGHT PATTERNS

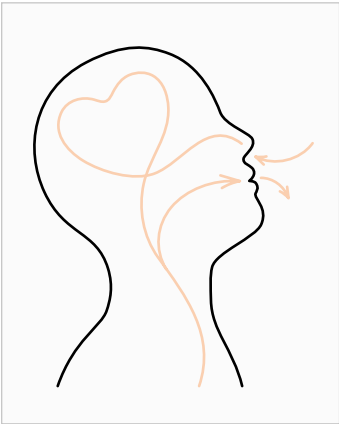
3.3 | SELF-OBSERVATION & DETACHMENT

3.4 | DAILY SELF-CHECK-INS

LESSON THREE BUILDING SELF-AWARENESS

LESSON THREE EXERCISES


MINDFUL BREATHING



- Breathing is automatic – *mindful breathing* isn't.
- Practicing mindful, intentional breathing for a few minutes every day has many benefits, including lowering stress levels, developing your ability to stay present, and cultivating meaningful mindfulness.
- Below are suggested steps for mindful breathing, but you can practice however you like.
- STEP 1 | Sit in a quiet, comfortable place and close your eyes [tip – wear noise-cancelling headphones]
 - STEP 2 | Focus your attention on the process and sensation of breathing in and out. Inhale slowly and deeply through your nose, hold for a few seconds, and then slowly exhale through your mouth.
 - STEP 3 | Practice pulling your awareness back to the basics of breathing whenever your mind wanders.

NEGATIVE THOUGHT PATTERNS

Throughout the day, pay attention to any negative thought patterns that arise. When you notice them, take a moment to pause and label the thought pattern (e.g., self-criticism, catastrophizing). Challenge the negative thought with a more positive and empowering perspective. Start practicing in the space below.

NEGATIVE THOUGHTS		POSITIVE PERSPECTIVES
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LESSON THREE BUILDING SELF-AWARENESS

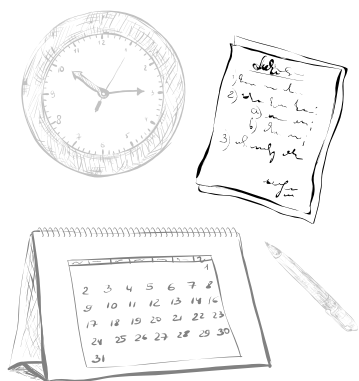
LESSON THREE EXERCISES

SELF-OBSERVATION JOURNALING

Choose a specific behavior or situation that often triggers self-sabotage. Throughout the week, journal about your observations and experiences related to that behavior or situation. Observe your thoughts, emotions, and reactions without judgment, gaining insight into the patterns that lead to self-sabotage. Start practicing in the space below.

TRIGGERING BEHAVIORS	OBSERVATIONS & INSIGHTS
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<div></div>	<div></div>

DAILY SELF-CHECK-IN



Much like the practice of mindful breathing, daily self check-ins can help keep you focused.. Set aside 5-10 minutes each day to reflect on your thoughts, emotions, and behaviors. Write in a journal, use a self-reflection app to answer questions, or just sit quietly and ponder something – anything – without distractions.

You can set reminders in your calendar or a special alarm on your phone, or make it a habit by doing it first thing every morning / night as soon as you get out of / into bed.

Use this practice to maintain self-awareness and make conscious choices aligned with your goals.

DARLA BONK

CONSULTING

FULL ONLINE MASTERCLASS STOPPING SELF-SABOTAGE

AVAILABLE AUGUST 2023

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