

# Episode 0009

## Self-Sabotage

Show Transcript



Presented by Dr. Gala Gorman  
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Dr. Gala Gorman: It's just really important that we see how we do it and develop some awareness around it. As we start to see how we do it ...

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict . . . alive, alert, awake and aware of life's possibilities.

00:49

Dr. Gala Gorman: This is Episode 9. In this episode, we're going to acquaint ourselves with that voice in our heads. Honestly, some of the things it says seem illogical . . . even irrational. It has tremendous power over us, though, if it is allowed to prattle on unchecked. And, it will cause us to self-sabotage just when things are really getting good. It doesn't have to be that way. I'm Dr. Gala Gorman and I'm an Awareness Addict. Let's become aware of the voice in our heads and put it to good use!

01:22

Speaking of sabotage, I thought I'd share this with you. This is what it looks like out there in the real world. There was an article on CNN recently that talked about Uber ... if any of you have used Uber. If you haven't heard of Uber, I would have to wonder if you've been living under a rock. But, Uber is a ride-sharing organization.

"Uber alleged that Ola and its employees used 93,000 fraudulent accounts to book more than 400,000 fake rides over a seven-month period." Now, this is mind-boggling. I didn't find anything that ultimately said whether it was proven true or not. But, what Uber said was that, "As a result of the fake bookings, it has suffered damage to its business, earnings, and goodwill." No joke. And, "It claimed that more than 23,000 of its drivers have quit as a result.

Uber also accused Ola employees of impersonating Uber managers and sending misleading text messages to its drivers.”

- 02:48 You would have to understand the inner workings of Uber in order to get how this is even possible. I wasn’t honestly a big fan of Uber early on whenever I tried to use it. It seemed like there was too much wiggle room in what I ultimately ended up getting charged. That was supposed to be the problem it solved ... that you knew what you were going to be charged ... at least, one of the problems that it solved.
- 03:16 When I was in the Philippines last month, I used Uber just about every day to get around Manila and Cebu. And, it was so easy! Honestly, I can’t even imagine how I would have gotten around if Uber would not have been available. The guys that drive for Uber in Manila ... I’m glad they’re doing it and not me. Let’s just put it that way. Actually, one of the people that I talked to there said that Uber and Grab kind of compete head-to-head, at least in the Manila market. She actually said that in essence she has a private driver every day ... they’re just different every day.
- 04:10 If you wanted to compete with Uber, you might feel like the only way to do that would require a sabotage. As this story plays out, it’s fascinating because this actually forced Uber into an alliance that makes it even more competitive in some foreign countries. So, with sabotage, we never quite know what the result is going to be.
- As we move through this episode and talk more about sabotage, what it looks like, and how it happens, just keep in mind that everything is always working out for us. Even if we sabotage ourselves, we can turn that into something good.
- 05:02 Let’s take a moment to develop awareness. This is something you can practice anywhere ... anytime.
- Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply . . . expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply . . . all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides . . . or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

07:21      Once we're starting to make some progress, the voice in your head may get really loud. "Things look great now, but you know that won't last." If we give that voice much freedom, it can be a self-fulfilling prophecy. It doesn't have to be that way. In fact, that voice can actually serve us. But we have to show it who's boss.

07:45      How do we recognize this self-sabotage process before it gets some momentum going? One of the ways it shows up is ... maybe your relationship has been rocking along really great. In fact, maybe you haven't even fought lately. "Wow!

Things have been really good. It feels so good to be in a solid relationship” or “We’re really getting along. I really love this person.” And, then something happens where you have a big blow-up or a fight. In hindsight, you look back and say, “Gosh! That was a dumb thing to fight about.” You can at that moment say, “I wonder if this is a situation where maybe I was sabotaging the good feeling that I was experiencing from this relationship.”

08:50 Or, finances ... maybe your finances have improved. Then something happens that really creates a setback. For example, you finally manage to put a thousand dollars away to pay for a vacation, or put a down payment on a home ... something like that. And, you have some health issue come up, or even more obviously, you find yourself buying something pretty frivolous and convincing yourself that you just absolutely have to have it. Then you look back shortly thereafter and say, “Wow! I just really sabotaged my progress and the good feeling I was experiencing.”

09:42 How about this one ... you finally lost the 20 pounds you’ve been wanting to lose, and in a long weekend, you put on five pounds. That may not be so bad. You might be able to turn that around fairly quickly but you find yourself getting what we call the “f-its” and saying, “I’m already on my way to the dog house. I might as well just put myself there permanently.”

10:12 These are all ways that we sabotage ourselves. I’m sure you’ve got other examples from your own life that you could use and draw on. It’s really important that we see how we do it and develop some awareness around it. As we start to see how we do it, then we might begin to question. “Why we do it?” There’s a really deep belief that we were more comfortable or better off before whatever improvement it is we experiences. This sounds really irrational. The word we like to use is “translational,” meaning that on some level, its rational or it’s beyond rational because it’s a subconscious thing that’s going on. That is really tough to get your head around.

- 11:11 But, on some level, we believe that, based on history, based on previous life experiences, that the other shoe is going to drop, if you will. That if things are going really well, that they are not going to continue going really well. Rather than allowing ourselves to just enjoy things going really well for us as long as they go really well, we say, again subconsciously, "I'm just better off to nip this in the bud. Let's just go ahead and get the process started ... having things reset returning to the 'stuff happens' experience of life." We make the other shoe drop intentionally, in essence.
- 11:56 The other thing that happens is, when we haven't practiced awareness, we don't catch it quickly enough. The damage that's done through this process of sabotaging ourselves is so great that it's going to be a really big job to clean up the mess or dig ourselves out of the problems that we've created. As you can imagine, our work is to recognize this as it's happening. Hopefully very early on, so that we can say, "There's that sabotage trying to happen again. I know you. I have experienced you before and I appreciate what you are trying to do for me but we're going to do it another way now."
- 12:55 So, how do you recognize it? How do you begin to cut its power off? First, you prepare in advance. When you notice that things are really going great you say, "Wow! Things are really going great. I want to make sure that things keep going great. So, what kind of self-talk do I need to start instigating so that the negative self-talk gets sort of squeezed out? We don't want to put too much emphasis on it though because the more emphasis we put on it, the more resistance we're creating and the voices get louder.
- 13:36 Another thing that we can do is really amp up our awareness. We need to reverse engineer it, deconstruct what happened, the thoughts that are happening ... the before and after thought. One of the examples that you may experience is recognizing that you may have gotten a compliment or comment from somebody. And, that comment caused you to question. For example, let's just take the innocent comment, "You look really good now," in

response to taking off the 20 pounds. The voice in your head says, "I look really good now? Maybe it's not going to last. I might as well go ahead and return to the way I looked before." Or, maybe I don't like the tone of that 'I look good now.' "I didn't look good before? We'll see if they still love me if I don't look as good as I do now."

14:50 Another comment that might sound familiar is, "Wow! Now that you are making more money, I guess you won't be hanging out with me so much." And, this is a really a big one when we're trying to change our level of prosperity and abundance. When the people in our lives feel threatened by us rising to the next level, we want them to look at our example and come along with us. But, they feel really threatened by it. And maybe, they're not ready to do the work necessary to make that happen in their lives.

15:35 We have to be on guard for this because there may be relationships that need to fall away if they're not supportive of our growth and development. If they're really good friends, they really care about us and want the best for us. Then, this isn't a problem. So, you are going to reveal who your true friends are.

16:03 What's your takeaway for today? One little "aha" and your time will be well spent.

One of the ways that we can do this reverse engineering process that I've talked to you about is name the voice in your head. Who in your life spoke to you in that way? Historically in your family, or even a figurehead in your life ... somebody in authority may have been the source of the voice in your head ... a teacher or coach. If you can name that voice in your head, you can start to recognize it. Then you could just say, "Thanks for sharing 'so and so'. I understand that you are just trying to help me, but I've got this. You can just step aside and watch as I continue to make forward progress."

Naming that voice in your head might sound a little silly and makes no sense at all. But, you will find that when you

personify it, it will help to separate it from your true self and you will gain a bit more control over it.

17:32

Question: I know I'm supposed to think positively but I find it challenging to do that when I have to do things I don't want to do. For instance, I have to go to work but I might prefer to stay home. Or, I like eating sweets but I know they're not good for me. How do I stay positive even when I feel like I'm forced to do things I don't want to do?

17:57

Dr. Gala Gorman: First, thanks for submitting your question. In turning your thoughts around so that you feel good and positive about what you're "forced" to do, I'd like you to consider something. We're rarely forced to do anything. It's just that our options may all be less desirable than laying on a beach lounge under a tree reading a book . . . or whatever your fantasy activity is. You do have a choice and it can help to remind yourself of that. The activity that you're dreading will be a much more positive experience if you look for what there is to appreciate. For example, when you go to work, you can look for aspects of the job that you enjoy. It may feel like a real stretch at first. But once you get the ball rolling, it will take on a life of its own. If you're struggling to find anything to appreciate about your job (or any other experience for that matter,) you may find that it's time to make a change. New job. New relationship. New home. Just remember . . . wherever you go, there you are. So, it's better to work on appreciation skill-building BEFORE you make the change. If you haven't picked up the Aware Appreciation Quick Start Guide, I suggest you do that at [AwarenessAddicts.com/AA](http://AwarenessAddicts.com/AA).

19:19

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting [AwarenessAddicts.com/AA](http://AwarenessAddicts.com/AA). In just a few minutes a day,



you'll stop negativity in its tracks...and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

20:14

Dr. Gala Gorman: How do you feel about failing? If you don't embrace failure, your life will be limited to what you are already pretty good at. That doesn't leave much room for growth and development. As you develop awareness, you're going to have ideas that call you to bigger and better things. To answer the call, you need to get comfortable with failure. In the next episode, I'm going to help you do that. You don't want to miss it.

20:42

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Thank you for tuning in.

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