

# DO YOU SELF-SABOTAGE?

T A K E T H E Q U I Z A N D F I N D O U T

## Self-Assessment Questionnaire

### How to Complete the Self-Sabotage Assessment

Take a few quiet moments to reflect on each question honestly. This isn't a test—there are no right or wrong answers. Use the scale from **1 (Never)** to **5 (Always)** to rate how often each statement applies to you. Be as truthful as possible without overthinking.

Your responses will help you uncover patterns of self-sabotage and bring awareness to behaviors that may be holding you back. Once you've completed the questionnaire, total your score and refer to the scoring guide to interpret your results. Use this as a starting point for reflection and growth—awareness is the first step to transformation!

Answer the following questions honestly by circling the number that best reflects how often each statement applies to you. Use the scale: **(1 = Never, 5 = Always)**.

1. Do you procrastinate on important tasks, even when you have time to complete them?  
**(1) (2) (3) (4) (5)**
2. Do you often feel like you're "not ready yet" to pursue an opportunity or goal?  
**(1) (2) (3) (4) (5)**
3. Do you find yourself prioritizing others' needs over your own, even at your expense?  
**(1) (2) (3) (4) (5)**
4. Do you fear that success might change your relationships or how people perceive you?  
**(1) (2) (3) (4) (5)**
5. Do you talk yourself out of pursuing opportunities because you believe you're not good enough?  
**(1) (2) (3) (4) (5)**
6. Do you criticize yourself harshly when you make mistakes?  
**(1) (2) (3) (4) (5)**

7. Do you start projects with excitement but struggle to follow through or finish them?  
**(1) (2) (3) (4) (5)**
8. Do you often wait for the "perfect time" to take action, only to feel stuck?  
**(1) (2) (3) (4) (5)**
9. Do you distract yourself with social media, TV, or other activities to avoid tasks that matter to you?  
**(1) (2) (3) (4) (5)**
10. Do you avoid asking for help because you think you should figure everything out yourself?  
**(1) (2) (3) (4) (5)**
11. Do you find it hard to say "no" to requests, even when you're already overwhelmed?  
**(1) (2) (3) (4) (5)**
12. Do you feel guilty or uncomfortable when celebrating your achievements?  
**(1) (2) (3) (4) (5)**
13. Do you avoid trying new things because you're afraid of failure or rejection?  
**(1) (2) (3) (4) (5)**
14. Do you overcommit to tasks or responsibilities to prove your worth?  
**(1) (2) (3) (4) (5)**
15. Do you stay in situations (jobs, relationships, routines) that no longer serve you because they feel "safe"?  
**(1) (2) (3) (4) (5)**
16. Do you feel like you don't deserve happiness, success, or love deep down?  
**(1) (2) (3) (4) (5)**
17. Do you worry about how others might judge you if you fail or succeed?  
**(1) (2) (3) (4) (5)**
18. Do you set unrealistic goals and feel frustrated when you don't achieve them?  
**(1) (2) (3) (4) (5)**
19. Do you let fear of making mistakes stop you from taking action?  
**(1) (2) (3) (4) (5)**
20. Do you find yourself repeating old habits or patterns, even when you know they don't help you?  
**(1) (2) (3) (4) (5)**

## Scoring Your Responses

Add up the numbers you circled for each question.

### **·20–40: You rarely self-sabotage.**

You have a healthy awareness of your behaviors and emotions, and you're generally aligned with your goals. While self-sabotaging behaviors may occasionally emerge, they don't significantly derail your progress. These instances are likely isolated or occur during moments of stress or uncertainty. Focus on continuing to nurture your self-awareness and self-compassion. Celebrate your ability to pause, reflect, and redirect when needed. Keep building habits that support your growth, and use tools like journaling or meditation to stay grounded and aligned with your purpose.

**· 41–60: You may engage in self-sabotaging behaviors that hold you back from reaching your full potential.**

Self-sabotage may be showing up in specific areas of your life, such as relationships, career, or personal development. While it's not pervasive, these patterns might prevent you from taking consistent action toward your goals or keep you stuck in cycles of frustration. The good news is that awareness is the first step to transformation. Start by identifying the triggers or situations where these behaviors arise. Please pay close attention to the **PAUSE Method in Chapter 8** to interrupt these patterns and replace them with intentional, growth-oriented actions. Small changes—like setting boundaries, prioritizing self-care, or tackling procrastination one step at a time—can create significant shifts over time.

**· 61–80: Self-sabotage is likely impacting multiple areas of your life.**

These patterns may feel overwhelming or ingrained, affecting your career, relationships, health, or personal growth. You might find yourself procrastinating, doubting your worth, or avoiding opportunities out of fear of failure or rejection. These behaviors often stem from deep-rooted beliefs about unworthiness or fear of success, and they may keep you stuck in a cycle of frustration or disappointment.

The first step is understanding that self-sabotage is not a personal flaw—it's a protective mechanism your mind uses to avoid perceived danger. Start exploring the underlying fears or limiting beliefs driving these patterns. Tools like journaling, meditation, and affirmations can help uncover and reframe these beliefs. Consider creating a "pattern-interruption toolkit" with strategies such as pausing to reflect, breaking tasks into manageable steps, and celebrating small wins.

If self-sabotage feels deeply rooted, it may also be helpful to seek support through coaching, therapy, or transformational programs like those outlined in the book. Remember, change is possible, and every small step you take toward healing these patterns brings you closer to a life of fulfillment and freedom.

If you have purchased the book, congratulations on investing in your growth. Please begin reading it and listening to the meditations. If you haven't bought the book yet, do it now. Visit [www.ana-barreto.com/self-sabotage](http://www.ana-barreto.com/self-sabotage) to learn more about it.