

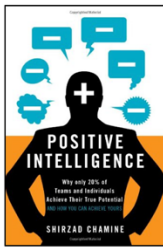
Ensuring Your Saboteurs Don't Sabotage You

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Saboteurs are deeply engrained strategies that help us deal with basic human needs such as independence, acceptance, and security.

Positive Intelligence: An indication of the control you have over your own mind and how well your mind acts in *your best interest*.

The Judge: The Master Saboteur

Of course I'm late—look at the traffic!!

Once again, I blew it!

Those fools screwed it up again!!!



Saboteurs can and do lead people to success but not happiness.

They put us on an eternal hamster wheel. Because they work initially, we keep going and going and going...

Stress: Judge or Sage?

If you are disappointed, anxious, or resentful, your JUDGE is in play

If you are calmly noticing what isn't working and noting what has gone wrong in order to move forward, your DISCERNING SAGE is in play

Disarming Saboteur Clashes

- You're likely to note someone else's saboteur first, but you can only change yourself...
- Identify how it's causing your saboteur to show up—the more you've practiced, the faster you can name it
 - Do you know your triggers???
- Choose where the other can rule and “add salt and pepper to taste”

Taming Your Saboteurs

1. Weaken saboteurs by discovering who they are and naming them
2. Strengthen your Sage—your wisdom and judgment. How many minutes a day can you spend *mindfully*?
3. Practice a new mindset. Plan how you will respond when your equivalents of Eunice, Eeyore, or Uncle Buck show up!





You don't need to prove anything to anyone, or perform for anyone, or get to the top of any mountain. Your essence is always there as your Sage, unchanged and waiting for you to see it, access its enormous powers, and allow it to shine.
—Shirzad Chamine

Controlling Stress by Controlling Saboteurs

Remember,

- ✓ Stress is normal and an opportunity to grow, not a time to catastrophize. You can only avoid it by avoiding relationships and important goals.
- ✓ Engage with life and others rather than isolating yourself, no matter how stressed you are.
- ✓ No matter the circumstances, you can continue to make choices.
- ✓ Caring for yourself—physically, emotionally, and spiritually—is key to growing from stress rather than experiencing its downside.

		MOTIVATION		
		Independence	Acceptance	Security
STYLE	Assert	 CONTROLLER	 HYPER-ACHIEVER	 RESTLESS
	Earn	 STICKLER	 PLEASER	 HYPER-VIGILANT
	Avoid	 AVOIDER	 VICTIM	 HYPER-RATIONAL

Step 1: Weaken saboteurs by discovering who they are and naming them. This turns these survival strategies into inelegant task masters you've outgrown. *For example, a Hyper Achiever might say, "Oh, Hermione Granger, go away." An Avoider note, "Uncle Buck (John Candy). Not now! A Victim? "Oh, my inner Eeyore is groaning again." What might you name your top one or two saboteurs?*

Step 2: Strengthen your "Sage"—your wisdom and judgment. This is actually fun—how many minutes a day can you spend *mindfully*? What do your senses notice as you brush your teeth? Pay attention to each bite of food. Exercise and keep your mind on your feet or muscles or some other sensation. Listen intently to music. What else can you think of?

Step 3: Practice a new mindset. Plan how you will respond when your equivalent of Hermione, Eeyore, or Uncle Buck show up. Picture yourself on a hamster wheel—that's the effect of a saboteur. Picture choosing to get off and use that energy constructively.

- Look at the "Thoughts" and "Lies" on that Saboteur report page. Which trip you up?
- Make a choice: What truth will you tell yourself when that Saboteur shows up? What actions will you take so your Sage rules?

Example: Controller Saboteur trying to control everything, feeling like a failure when your body or stressed-out significant others or situation or schedules or weather ___ fail to be controlled!

- Sage— "Of course you can't control everything! Off the hamster wheel—now!"
- Recognizing that things you cannot control are normal, not a reflection on you
- Engaging without trying to control. What do others want to do for you? How do they wish to do those things? What are the gifts and opportunities in this situation?
- Making wise choices about what you will work to control—what you eat, exercising in a wise way, with whom you process choices, questions you wish to ask...



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