



## **Tool to Create Clarity on Your Saboteurs**

In my training at CTI, we learned about Saboteurs and I've deepened my work by taking some shadow workshops and working with my own coach that gave greater context to working with the Saboteur energies. Every brand of coaching has some sort of term to refer to the Saboteur, whether it be Gremlins, Disempowered beliefs, Shadows, etc. So what are Saboteurs? Our Saboteur voices are the ones you hear any time you have more than one voice in your head. One of those voices is your true, higher self voice. That's the one I call Truth with a capital "T". The other voice or voices are saboteurs. There is something true about what they say or else we couldn't even listen to them with any seriousness, but sometimes it is just a fragment. When we listen to the saboteur and act from that "truth", it usually has negative consequences and keeps us from living the rich, full life we want.

Many of these saboteurs were created when we were young and at that time, they were necessary for our comfort, safety and survival. Often the voice of the Saboteur comes from that same place in time and is not mature, and in many cases it can come from a wounded, fear based place. If there wasn't something true about what the saboteur says, we wouldn't be able to believe it or hold that perspective. Saboteur voices are often clever, covert and subtle, although sometimes they are more obvious. The more familiar and conscious you become about your saboteur voices, the less powerful they become and the less likely you will "take the bait" and follow their guidance.

I often say that when the Saboteur "takes the wheel" it is often like in Driver's Ed where you have a steering wheel, accelerator, and brake, but so does the Driver's Ed instructor who is riding shotgun. So when the saboteur takes the wheel, you may find yourself slowing down, even though you think you have your pedal to the medal; you may take a right turn when you thought you wanted to go left. And sometimes this can leave you confused and scratching your head. How did I get here? What just happened? And other times it is so subtle you don't notice you've slowed down or turned the wrong way for quite a while.

The saboteurs are a piece of us so we don't want to eradicate them. It is to accept the truth of what they say, acknowledge it, be compassionate about it, and leave the rest. I always say that I believe our saboteurs have a positive intent – like to keep us



safe in some way – but the way it manifests itself is not positive. It's important to understand, appreciate and acknowledge that positive intent (as this makes us have more awareness on why our saboteurs show up) and then to put it to the side. They are still there in the wings waving at us, but we don't need to bring them on stage just because that's where they'd like to be!

Both for our clients and for ourselves, it can be very powerful to get familiar with our saboteur voices and learn to recognize them when they show up so we don't react or act from that place (and if we do, that we can get back on point more quickly). This exercise will help you identify your top saboteurs so you can start to develop that awareness and understanding.

### **Step 1**

Think of some situations in which you often have those multiple voices come in. Note that “should” “need” and “ought to” are almost always saboteur voices. Feel free to write down all the voices you hear in your head on a regular basis. Think through scenarios where you often have that same dialogue in your head. Here is an example from my life “What I really could use right now is one of those chocolate chip cookies!” “Yes, you should eat that cookie! Cookies are delicious!” “And you need some energy. It's been a long day” “But cookies are fattening and you could stand to lose a few pounds” “Ah, but you deserve to have a cookie. You've worked hard today” “You'll feel bad about yourself if you eat that. If you want something sweet, you should have some of those delicious blueberries” “Fruit just isn't going to cut it today. I need chocolate!” “Maybe I could just have a square of dark chocolate to nip that chocolate craving in the bud” etc., etc., etc. In this example, you can see that there are many, many voices, with some coming from a similar vein and others having their own angle.

### **Step 2**



Once you've analyzed each scenario wean out the voices/statements that you feel are your higher self Truth. But make note of them because you want to be able to recognize the Truth in similar situations in the future.

### **Step 3**

Group the statements that feel like the same voice, even if they are from different scenarios. From the example above, you can see a few distinct voices. One is the rewarder "you deserve it"; One is the body shamer "you could stand to lose a few pounds"; One is the justifier ("you need energy" "fruit just isn't going to cut it"); And one is a bit child like, that is indulgent "yes, eat the cookie! They are delicious". If you look across multiple scenarios, you'll see that some of these show up all over the place, and some are activated in particular circumstances. So think about those places where you get insecure, fearful, lazy, bored, defiant, judgmental, indulgent, holier-than-thou or any of your less savory qualities that hold you back from being your highest self. There are likely some saboteurs hanging out with you in those scenarios!

### **Step 3**

Look at each grouping. Name the emotion or position of these saboteur voices. As an example "The Judge", "The procrastinator", "The petulant child", "The angry father figure", "The harlot", "The bitch or a\$\$hole", "The controller", "The avoider", "The pleaser", etc.

### **Step 4**

Most of us will have a whole committee, and not just a few saboteurs. This is very common and don't let you Judge make up anything about having so many! This next step is to personify them. You can choose to do



this for all of them, or just the top 3-5 that show up continually. What I mean by personifying them is to actually create a character for them. It could be a well known character or person, like Goofy or Putin or Mother Teresa or Debbie Downer, or you can simply make up a character name for them like Sister Mary Margaret or Don the Diplomat. Think about what they look like, what they sound like, what they wear, etc. This allows you to have a little fun with them when they show up. (Oh, Martha Stewart just joined my dinner party! No, Martha, it doesn't have to be perfect to be awesome, but thanks for chiming in).

### **Step 5**

Write down the positive intent that you believe each of these saboteurs has for you and any positive attribute it has that you appreciate

### **Step 6**

Write down the ways that these saboteurs often show up, what happens when they take the wheel, and how it does **not** serve you. It's important to feel the gravity of that.

### **Step 7**

Marinate and journal about these inquiries for each one of your saboteurs: What would be a more powerful way to get that "positive intent" met in my life rather than listening to this saboteur? How can I recognize when each saboteur shows up? How can I acknowledge and appreciate this saboteur's intent? What is the kernel of truth that this saboteur knows? Aside from that kernel, what are the saying that I know in my heart is not really true?



Here is a worksheet you can use to track all of the juicy pieces from this exercise:

Name the emotion/position of the Saboteur (ie: The Judge, The Victim)	Personified Name	What this saboteur says, thinks and feels	The positive intent this saboteur has	What is the higher self Truth I want to anchor in instead?	What are some other more productive ways to get this positive intent met?