

Are You Sabotaging Your Own Happiness?

Let's say you've met someone who seems the perfect partner for you, but you keep finding reasons why things wouldn't work out, so you don't have to commit. Or, you really want to become fit and healthy, but every time you have a gym session planned, you find an excuse not to go.

Why, when the outlook is positive, or we have a clear goal in mind, do we sabotage ourselves?

Apparently, humans are wired to avoid discomfort, change, pain or trauma. So, the brain will find ways to keep us in our comfort zone, where we know what to expect, even if we have good intentions to see growth and change.

Other reasons for self-sabotage may include:

- Fear of failure
- A quest for perfection
- Being overwhelmed by the scale of the task
- Procrastination

How to break the pattern of self-sabotage

Don't let a short-term feeling get in the way of a long-term goal. If you want to see growth, you'll need to commit to some discomfort.

Work with your brain's natural pathways, and start small. For example, if you know you have a project due, start immediately by developing a plan on how to get the results you want. If you want to get fitter, don't start with the heaviest weights or try to run for an hour if your body isn't used to it. Get yourself into a rhythm gradually.

It takes time and patience to get where you want to go, but with consistent, steady effort, you'll soon see more results and less self-sabotage.



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