

Self-Sabotage

REFLECTION JOURNAL

Reflect on self-sabotaging thoughts
and behaviors to develop greater
self-awareness and positive change.

Earnest Sherrill

Self-Sabotage Reflection Journal (Monthly)

Welcome to your Self-Sabotage Reflection Journal. This space is designed to help you become more aware of your self-sabotaging behaviors, understand their roots, and practice healthier, more compassionate actions. Use this journal daily or weekly to track patterns, thoughts, and progress.

The **Self-Sabotage Reflection Journal** is more than just a collection of questions on a page it's a soft place to land when you're feeling stuck, overwhelmed, or frustrated with yourself. This journal invites you to slow down and really *listen* to what's going on inside, without judgment. It helps you peel back the layers of fear, self-doubt, and old habits so you can start responding to life in a way that reflects your *true self*, not your survival instincts.

Each entry walks you through a thoughtful, compassionate process: What triggered you? How did you respond? What story did your inner critic tell you? And, most importantly, how can you respond with kindness and courage next time?

It's not about fixing yourself because you're not broken. It's about learning how to support yourself better. Bit by bit, page by page, this journal helps you build a more trusting, loving relationship with the person who matters most: *you*.

Reflection Entry 1

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 2

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 3

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
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3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 4

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 5

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 6

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 7

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 8

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 9

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 10

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?

2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)

3. What was I thinking at the time? What did my inner critic say?

4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)

5. What would a compassionate response look like?

6. One small action I can take next time:

Reflection Entry 11

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 12

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)
3. What was I thinking at the time? What did my inner critic say?
4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)
5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 13

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?
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5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 14

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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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6. One small action I can take next time:

Reflection Entry 15

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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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5. What would a compassionate response look like?
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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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3. What was I thinking at the time? What did my inner critic say?
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5. What would a compassionate response look like?
6. One small action I can take next time:

Reflection Entry 17

Date: _____

1. What happened today that triggered feelings of stress, fear, or overwhelm?

2. What did I do in response? (e.g., procrastinate, avoid, overwork, self-criticize)

3. What was I thinking at the time? What did my inner critic say?

4. What emotion was I feeling underneath the surface? (e.g., fear, shame, sadness)

5. What would a compassionate response look like?

6. One small action I can take next time:

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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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1. What happened today that triggered feelings of stress, fear, or overwhelm?
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Reflection Entry 35

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