

Why aren't you Living your Dreams?

Understanding self-sabotaging behavior

Kristina Jansz

To be able to live your dreams, that is, to live the life you came here to live and do something you absolutely love to do is an *incredible* experience....to say the least!

Not only does it **not** feel like work, it fills you with such joyous enthusiasm for Life and is fulfilling in so many ways, that there is a sense that you would do it even if you weren't getting paid for it. It becomes as important as the very breath you take because, when you are living your dreams, there is no separation between who you are inside and the life you're living.

It's as if you say to yourself and the world, "*This*, is who I am!" and it marks the difference between simply existing / going through the motions and truly Living.

Living your Passion! Sounds great, doesn't it? Well, if it's so right, why would you sabotage yourself from achieving it?

What is self- sabotaging behavior?

Self- sabotaging behavior is when you engage in behavior that takes you away from your power. It is when your behavior and goals are not aligned with each other and within this context, when your behavior does not support the realization of your dreams and destiny to be all that you can be in this Life.

Self-sabotaging behavior manifests in many ways and not only affects your personal life but also your family, business and community. Who you choose to be within, influences all that you do and are connected with.

In the work I've done with people to help them get on with living the life they came here to live, I've noticed that there are some very popular self-sabotaging behaviors. See if you connect with any of these:

1. Procrastination: putting things off, I'll get to it later, I'm tired, I don't have time.
2. Keeping yourself so "busy" that you convince yourself that you don't have time for your dreams.
3. Being the martyr: convincing yourself that you alone are the only one who can and has to take care of everyone else and as a result don't have time for yourself,
4. Choosing to keep yourself invisible: wanting the promotion but not putting your name forward when the opportunity presents itself.
5. Fueling your hard and soft addictions: alcohol, drugs, gambling, shopping, watching TV, playing video games, Internet use, eating poorly etc. When out of proportion, all of these activities drain your life force so that you don't have the energy to live your dreams.
6. Using blame as an excuse for not being responsible for your life: it's always someone else's fault as to why you can't be the person you want to be.

In all of these examples of self-sabotaging behavior you have given your power away. And, peeling back the layers, I have found that these behaviors mask deeply held beliefs that often resemble: I'm not good enough, I'm scared to fail, I don't deserve success, I shouldn't put myself out there because people will see right through me and know that I'm not good at what I do, I'll be exposed, humiliated, embarrassed and I could never survive that kind of shame.

The importance of understanding self-sabotaging behavior cannot be overstated because, no matter how much you *want* to live the life of your dreams, if you do not:

- call your bluff and get straight with yourself
- clearly define the nature of your self-sabotaging behavior
- take responsibility for it
- put a plan together to ask something greater of yourself and
- back it up with action,

your life will become a long list of excuses as to why you could have, but didn't achieve your dreams.

The danger is that when self- sabotaging behavior becomes a way of life, who you are and what you do with your life begins to resonate with a lower frequency. Essentially, you've lowered the bar and decided to settle for less.

To live your dreams you need to first address the deeply held fears that are at the root of self-sabotaging behavior. It starts with accountability, getting straight with yourself, healing what needs to be healed and not settling for anything less than you deserve.

Realize that thoughts have emotions attached to them and emotions create chemical reactions in your body so, if you, like most people have been living with a fear-based belief about yourself for a long period of time, you will have to break your addiction to it to achieve your dreams.

To break an addiction and create a new neural pathway, one that sets you up for success, there has to be:

- Willingness
- Focused intention
- Achievable goals
- Consistent, repetitive behavior
- Support
- Faith that there is a better way to live
- Rewards and positive feedback for steps taken and
- Courage

Remember, courage does not mean that you won't feel scared about taking the first step or, for that matter, the twenty- first step. It means that your fears won't hold you back. Courage is when you have those fears, feel that resistance and walk through them anyway to reach your goal on the other side.

Understanding the dynamic that's at work, you can now put together a plan to change this behavior and get back on track with achieving your dreams.

Develop a Plan of Action and set achievable goals for yourself: monthly, weekly, daily. Take small steps but strong steps. Why not start right now? Determine one form of self- sabotaging behavior in which you are currently participating. What one small thing can you commit to doing today to change this?

Ask more of yourself. Raise the bar. If you find that you're not achieving your goals, find out why and do something about it. Be accountable to yourself and don't settle for anything less than excellence. Begin by becoming the respected leader of your inner world and expand this outward to your family, business and community.

Remember that what ever you put your attention on will become your Reality. If you expect less, you achieve less. If you expect more, you achieve more. If you don't like what's showing up on the computer screen of your Life, don't throw out the monitor, change what you're inputting. Dream the most beautiful dream for your Life and get on with making it happen!