

Title: **Self-Sabotage Identification Questionnaire**

Description:

This is a questionnaire designed to help you recognize patterns of self-sabotage in your behavior. By identifying these patterns, you can take steps towards overcoming them and achieving your goals.

Section 1: Goal Setting and Achievement

1. Goal Setting
 - How often do you set specific goals for yourself?
 - Always
 - Often
 - Sometimes
 - Rarely
 - Never
 2. Follow-Through
 - How often do you follow through with your plans and achieve your goals?
 - Always
 - Often
 - Sometimes
 - Rarely
 - Never
 3. Procrastination
 - How frequently do you procrastinate on tasks that are important for your goals?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
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Section 2: Personal Beliefs and Attitudes

4. Self-Worth
 - How do you perceive your own worth and capabilities?
 - Very positively
 - Positively

- Neutrally
 - Negatively
 - Very negatively
5. Fear of Failure
- How often does fear of failure prevent you from taking action?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
6. Perfectionism
- How often do you feel that things must be perfect before you can proceed?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
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Section 3: Behavior Patterns

7. Self-Criticism
- How frequently do you engage in negative self-talk or harsh self-criticism?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
8. Avoidance
- How often do you avoid situations or tasks that could lead to growth or success?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
9. Distractions
- How frequently do you allow distractions to interfere with your progress?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
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Section 4: Emotional Regulation

10. Emotional Reactions

- How often do you let emotions like anxiety or frustration derail your efforts?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always

11. Resilience

- How quickly do you recover from setbacks or disappointments?
 - Very quickly
 - Quickly
 - Slowly
 - Very slowly
 - Not at all

12. Coping Mechanisms

- How often do you rely on unhealthy coping mechanisms (e.g., overeating, excessive screen time) when faced with stress?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always
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Section 5: Interpersonal Relationships

13. Support Seeking

- How often do you seek support or advice from others when facing challenges?
 - Always
 - Often
 - Sometimes
 - Rarely
 - Never

14. Conflict Avoidance

- How often do you avoid addressing conflicts or difficult conversations?
 - Never
 - Rarely
 - Sometimes
 - Often
 - Always

15. Boundary Setting

- How comfortable are you with setting boundaries to protect your time and energy?

- Very comfortable
 - Comfortable
 - Neutral
 - Uncomfortable
 - Very uncomfortable
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Reflection Section

- **Identify Patterns:** Review your answers and identify any patterns that suggest self-sabotaging behavior.
- **Reflect on Impact:** Consider how these behaviors have impacted your progress towards your goals and overall well-being.
- **Plan for Change:** Think about small, actionable steps you can take to address and overcome these behaviors.

Example: "I notice that I often procrastinate and engage in negative self-talk. To change this, I will start by setting smaller, more manageable goals and practice positive affirmations daily."