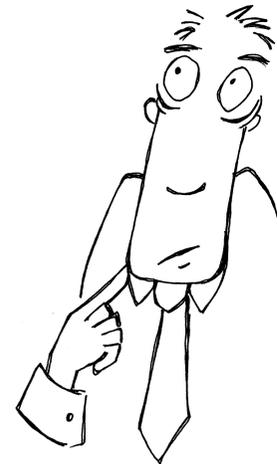


## Are you self-sabotaging?

Self-sabotage could include any of the following behaviours:

- ❑ **Yo-yo dieting** (e.g. losing weight only to regain it later)
- ❑ **Job cycling** (e.g. changing jobs on a periodic basis either through choice or through being dismissed)
- ❑ **Consistently being late**
- ❑ **Failing to complete projects** (e.g. having done the bulk of the work only to avoid taking the final steps necessary for completion)
- ❑ **Having self-imposed limits** (e.g. not being able to break a particular barrier whether it be monetary, sporting or a personal boundary such as weight)
- ❑ **Regularly forgetting things**
- ❑ **Loss of focus at critical moments** (e.g. In Sport: losing key points or at significant moments; At Work: unable or failing to make essential points/deadlines/closure)
- ❑ **Uncontrollable emotions** (e.g. excessive emotion such as anxiety, crying or getting angry during both appropriate and inappropriate times; includes excessive responses such as sweating, throat clearing, and/or other anxious reactions)
- ❑ **Having an exaggerated startle reflex** (e.g. anxiety attacks, falling/jumping/screaming at minimal provocation and/or according to a regular internal schedule)
- ❑ **Consistently saying the wrong thing at the wrong time** (e.g. at the close of a job interview, meeting, or sale)
- ❑ **Avoidance activities** (e.g. Extremes of behaviours such as: over-eating; over-working; excessive day-dreaming or fantasising; excessive drinking and/or drug use; any behaviour designed to avoid you being alone with your thoughts/feelings)

**Self-sabotage is  
behaviour that is not  
under the control of the  
conscious mind.**



## How do you know if you are self-sabotaging?

Everyone makes mistakes. Indeed, it is natural to do so. However behaviours that may be described as 'self-sabotaging' include anything that...

- you do on a consistent basis,
- it harms you in some way,
- you feel unable to control or stop.

"Harming you in some way" includes mentally, physically or financially.

The key aspect to self-sabotaging behaviour is that the behaviour/response is not readily under the control of the conscious mind.

This means that you either;

- cannot stop it happening
- or can only stop it for a time before the behaviour comes back.

**If you suspect that you are self-sabotaging and want to know how to stop, contact Tracey McGrath on (08) 9457 2266**

*"It's turned my life around."*  
**Bron Denison, Bussleton**

*"The methods taught have helped me to greatly overcome the constant panic attacks and fear that I have lived in for the last two decades."*  
**David**

## How can you stop self-sabotaging?

The RE-SET Program is a program which has proven to be highly successful in identifying and treating self-sabotage.

The program involves a series of six individual and confidential consultations designed to identify and treat key issues underlying the damaging behaviour.

In essence, self-sabotaging behaviours are a direct result of the subconscious mind deciding that you need to do a particular behaviour in order to remain safe or consistent with deeply held beliefs.

The key to the rapid success of the RE-SET Program is that it directly addresses the subconscious reasoning for the behaviour rather than using more traditional methods of getting the conscious mind to produce behavioural change. Trying to deal with self-sabotage using the conscious mind tends to take a long time and may fail altogether if the key issues are not addressed.

*"I did myself a favour by enrolling in the Re-Set Program and recommend it to anyone with a weight problem."*

**Zeone Marsh**

## What proof is there that the RE-SET Program works?

Recent research using the RE-SET Program to treat clients suffering from long-term overweight and obesity problems (*over ten kilograms overweight for a minimum of ten years*) have resulted in an 80% behaviour change with 50% **'knowing'** that they are 'cured'!

Graduates of the program saw changes on a number of dimensions including increases in self-esteem, decreases in depression and clear improvements in general health.

The RE-SET Program has been used to successfully treat a range of self-defeating behaviours including

***Fear of public speaking***  
***Self-defeating behaviour***  
***Anxiety & panic attacks***  
***Obesity***  
***Job cycling***

If you want to STOP self-sabotaging or simply to know more about the RE-SET Program, please contact:

**Tracey McGrath**

Office: (08) 9457 2266

Fax: (08) 9457 4466

Email: [tracey@traceymcgrath.com.au](mailto:tracey@traceymcgrath.com.au)

Website: [www.traceymcgrath.com.au](http://www.traceymcgrath.com.au)

## Are you self-sabotaging?

  
change

Behaviour may be described as 'self-sabotaging' when...

1. you do it on a consistent basis,
2. it harms you in some way,
3. you feel unable to control it or stop.



TRACEY McGRATH INTERNATIONAL