



*Josea Tamira Crossley*

## 5 Steps to Stop Self-Sabotage & Reclaim Your Life

I'm so glad you decided to take a few moments of your valuable time and join the hundreds of women around the world whose lives have been changed by connecting with the work to end self-sabotage and *reclaim the amazing YOU that you are.*

Because guess what? No one else in the entire Universe can do that. *Only you.*

“

*“Today you are you. That is truer than true.  
There is no one alive who is Youer than You.”*

*– Dr. Seuss*

**So.**

This toolkit is designed to teach you how to tune into and receive the messages your body is sending you so that you can make *confident, powerful decisions when it really counts*.

Whether it's:

- Making **big financial decisions** that affect your business/career or your family life
- Discovering and then **asking for what you really need in relationships** (because often especially as women we are don't even know what we need, let alone how to ask for it!)
- Choosing **foods and daily practices that actually nourish** you rather than habits and addictions that leave you feeling depleted and scattered

I invite you to start reclaiming the life you really REALLY want RIGHT NOW by using these 5 Steps EVERY DAY.

I'd even suggest you print this PDF twice. Put one copy on your fridge and bring another copy with you in your purse so you can pull it out when you need it most!

## 5 Steps to Stop Self-Sabotage & Reclaim Your LIFE

### 1 Allow Yourself to Pause

That's it. Just pause. Stop whatever you are doing - even if it is just for a **moment**. This may sound simple, but trust me, it's the *critical* first step.

Nice. Good work.

### 2 Call in Consciousness

When we are about to engage in self-sabotaging behaviour, it usually isn't our conscious, "Higher Self" aka Awareness who is running the show.

It is usually a wounded (often child) part of ourselves.

When we invite in Awareness/Higher Self, we take a step BACK from the situation and see what is happening.

We can then NOTICE which part of ourselves IS wanting to engage in the self-sabotaging behaviour.

### 3 Call in Compassion

Often when we notice this self-sabotaging/wounded part of ourselves, the tendency is to not want to accept this part.

We may want to get rid of this part of ourselves - to "let go of" or get rid of this painful part.

What if instead of trying to get rid of this part, you instead offered this part of yourself compassion?

Just like a child who was upset and needing help to calm down, you can invite this part of yourself to come closer - to snuggle right up to you and open up communication. Which brings us to our next step....

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### 4 Find Out What is REALLY Needed

Now that you have identified this painful part with Awareness, and called in Compassion and Loving Presence, it's time to talk to this wounded (usually younger & smaller) part of yourself...

Ask this painful part what is needed. What does this part of you *actually need*?

What would make this part of you feel safe? What would make this part of you feel free? What would make this part of you feel *truly satisfied*?

This is the point where you may discover that you actually didn't need that brownie or bag of chips or another date with that guy who isn't even actually very nice.

Maybe this part of yourself actually just needs a date with your best girlfriends.

Or a walk in the forest.

Or an agreement to balance your books each week so you are on top of your finances.

It really could be anything - but here is the secret: **It's probably NOT what you originally thought it was.**

You may even discover that this part of you wants to break down and cry or get really angry. All of these needs are totally valid and when it comes to the trickier needs (how to safely express anger, how to not get stuck in sadness/depression/grief) that is where I would invite you to get professional support.

This work can open up those places and having the *right support can be critical* to keep moving the energy through so you can ACTUALLY have the life you want.

## 5 Steps to Stop Self-Sabotage & **Reclaim Your LIFE**

### 5 **Commit to Taking Positive Action**

Please please don't forget this step. This step is the one that often gets missed because it can feel like the most challenging.

#### **Here's why:**

When we take action to change our behaviour at first it can feel *very difficult*.

It can even feel a bit forced.

Like walking through a swamp.

The reason for this is because by taking action to nourish ourselves and give ourselves the love and support we *truly* need we are actually creating **new neural pathways** in the brain.

When we are past the age of about 25, it's as though our familiar neural pathways have become calcified in our brain, and so breaking them down and creating new ones **takes effort!**

It takes effort. **It is NOT impossible. I have done this. Dozens of my clients have done this.**

#### **You can do this.**

When we tune in and start to uncover the deeper needs that are behind self-sabotage, many of those needs will turn out to be needs we can meet for ourselves.

If you **practice these 5 steps daily, you will begin to break the cycle of self-sabotage and rewire some phenomenal self-care practices into your brain and your life.**

When we stop the self-sabotage cycle and say a fuller YES to life, this is what is possible:

You might find yourself:

- More freedom and less pain in your body so you can finally take that trip you've always wanted to, climb that mountain, or get down on the floor with your kids and PLAY.
- Having more energy so you can actually work on creative projects that inspire you and move your life forward.
- Simply a more "above the line" emotional flow so that you can have more empathy and the spaciousness to really connect in your relationships.
- Feeling more relaxed, more open and more alert to life's opportunities (but with crystal clear boundaries) so you finally notice that really KIND man/woman who has been trying to catch your eye for months.

## Think you might need **more support**?

One of the needs that you might uncover may be the need for more support to learn how to safely express anger/intense energy or how to not get stuck in sadness/depression/grief.

This work can definitely open up those places. Having extra support can be critical to keep the energy moving and to end the self-sabotage cycle and alleviate that deeper overwhelm and anxiety so that you can finally experience deeper joy, freedom and clarity.

For many women left to our own devices we can get start to do this work and then get stuck in the harder emotions and end up spinning in our addictive habits for weeks, months or even years.

### **Ways to support yourself.**

There are a few different ways to make sure you don't get stuck here.

If you have a friend you can ask to be your buddy through this process and support each other that can be really helpful. For some people getting professional support is going to be the biggest needle mover and the greatest investment you could ever make for yourself.

I specialize in working with chronic stress & trauma especially sexual abuse/assault recovery. I'm also open to and experienced in working with other issues.

**We often blame ourselves for being stuck, but the truth is that without the right support it can be nearly impossible to fully heal on the level of the body-mind no matter how much mindset work we do.**

The work I do is very powerful for women (and sometimes men) who are ready to reclaim their freedom, heal their connection with their body and to relearn how to trust their own deep wisdom.

If this speaks to you I invite you to [apply for your free 30 minute Stress Breakthrough Session with me.](#)

## What happens in a Stress Breakthrough Session?

4 Things...

### **1. See the Muck for What it IS.**

In order to change anything, I believe we need to take a good look at what is holding us back. If we just pretend our inner gremlins aren't there and try to manifest the lives we want, we end up stuck in a battle with ourselves. Also known as self-sabotage ;-)

In this session I'll help you get more clarity by identifying your top 3 "inner gremlins."

### **2. See the Light.**

If we want to get somewhere, we need to have an idea of where we are going. Each and every one of us has a unique "Happiness Blueprint" in our DNA - this blueprint holds our pure potentiality - who we are in our core essence. We discover this place through FEELING our way there. In this 30 minute session I help you attune to your own personal, "Happiness Blueprint," so you can start to use it like a lighthouse to guide you towards true happiness, freedom & radiant vitality.

### **3. See the Path.**

To get from the "Muck," to the "Light," we need a "Path," or a set of tools and practices to work with our own unique "muck/gremlins". My goal is for you to leave this session with at least one personalized tool to support you to start moving towards that happiness, freedom and radiant vitality and away from self-sabotage and overwhelm.

### **4. Compatibility?**

You're booking this session because you think you need more support - but am I the one? Not every therapist is the perfect match for you, and vice-versa. This mini-session gives us both a chance to connect and get to know each other a bit more before taking the big plunge of committing to a longer process. Whether we end up working together more or not, we'll both probably learn a lot through this session. (Yes - my clients teach me too!)

If you feel called, [apply now by clicking here](#).

## One more thing...

Remember I said that I'm going to give you tools to help you make better choices when it really matters?

It always really matters. Because YOU matter.

The way you treat your body - your BEING - is a direct reflection of how much happiness, well-being and vitality you are willing to have in your life.

How good are you willing to let your life get?

How much vitality, joy & well-being are you willing to accept?

[Click here to apply for your Stress Breakthrough Session!](#)

In Connection,

Josea Tamira Crossley

PS ~ As women, we thrive on connection and positive, loving feedback. If you want some direct feedback right away, you can [join my free Wild Women Soul Tribe Facebook group](#) and share your insights so we can give you some love & support right away.

[>> Join the Wild Women Soul Tribe Facebook Group](#)



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