

HYBRID HEALING INSTITUTE

Self-Sabotage Decoder

Journal & Action Guide by Loretta Morgan



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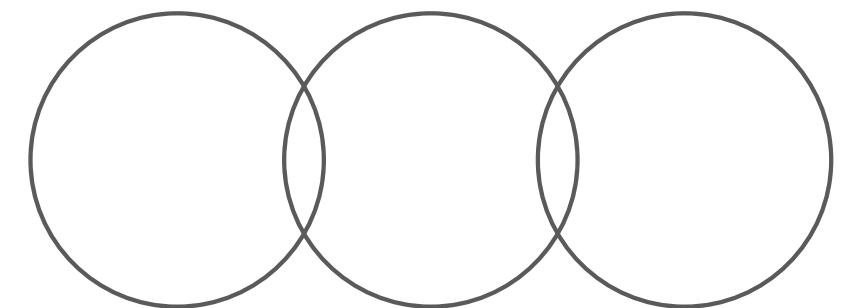
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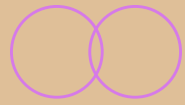


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“Understanding self-sabotage is the first step toward reclaiming your power and embracing your true potential.”

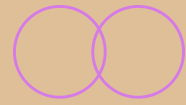
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How to Use This Workbook



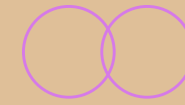
01

Reflection allows you to explore thoughts and feelings deeply.



02

Regulation helps calm your nervous system for greater peace.



03

Integration encourages applying insights into daily life for growth.

“

“Self-sabotage is a protective pattern, triggered by the nervous system perceiving success or change as unsafe.”

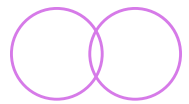
— Author Unknown

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“Self-sabotage is the enemy of progress, often hidden in our patterns and fears.”

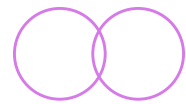
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Awareness Cues of Self-Sabotage



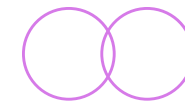
01

Procrastination often leads to missed opportunities and increased anxiety.



02

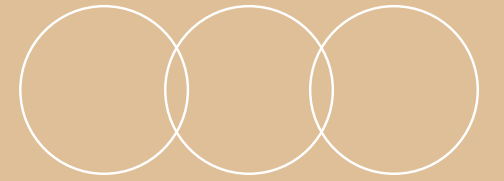
Perfectionism creates unrealistic standards, hindering progress and self-acceptance.



03

Avoidance keeps us stuck, preventing growth and necessary change.

Self-Sabotage Decoder



Trigger



An external situation arises, prompting a reaction from the nervous system.

Emotion



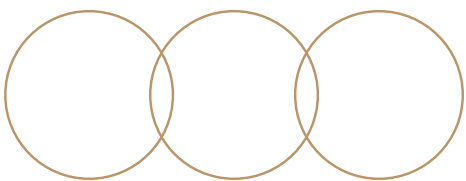
This reaction leads to feelings that may be uncomfortable or overwhelming.

Belief



Established beliefs form in response, shaping protective behaviors and responses.

My Decoder Worksheet



Identify and reframe beliefs

Situation

Write down the specific **situation** where self-sabotage occurs, creating a clear context to understand the triggers and emotions involved in your behavioral patterns.

Emotion

Identify the primary **emotion** felt during the situation, as recognizing your emotional response is crucial for understanding the underlying beliefs that influence your self-sabotaging behaviors.

Old Belief

Note the **old belief** associated with your self-sabotage, acknowledging how this belief has shaped your reactions and prevented you from pursuing your goals or desires.

7-Day Awareness Tracker



Daily Tracking

Monitor daily triggers and reactions for self-awareness.



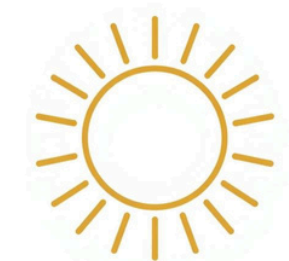
Regulation Tools

Utilize effective techniques to calm your nervous system.



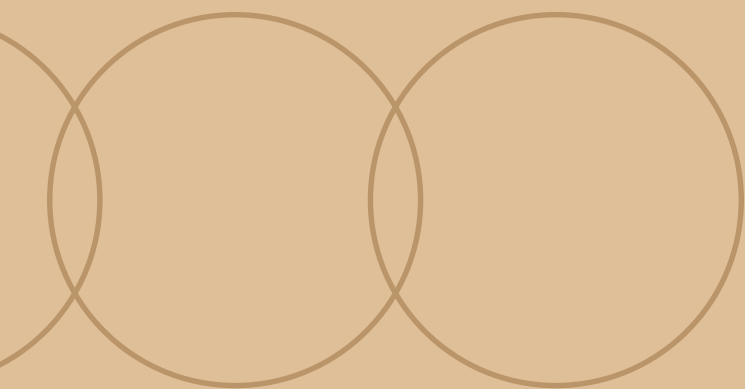
Mindful Reflection

Reflect on daily experiences to foster growth and insight.

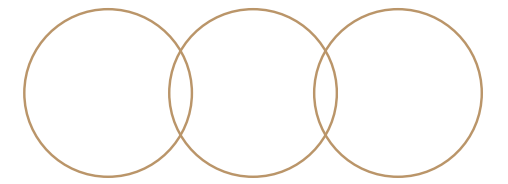


Intentional Planning

Set clear intentions to guide your day positively.



Regulation Tools



Techniques for Calming Anxiety

Breath Anchor

The Breath Anchor technique involves focusing on your breath to cultivate awareness and calmness, allowing you to establish a sense of presence and connection to the moment.

5-4-3-2-1 Grounding

This grounding technique encourages you to observe and identify five things you see, four things you can touch, three things you hear, two things you smell, and one thing you taste.

Soothing Touch

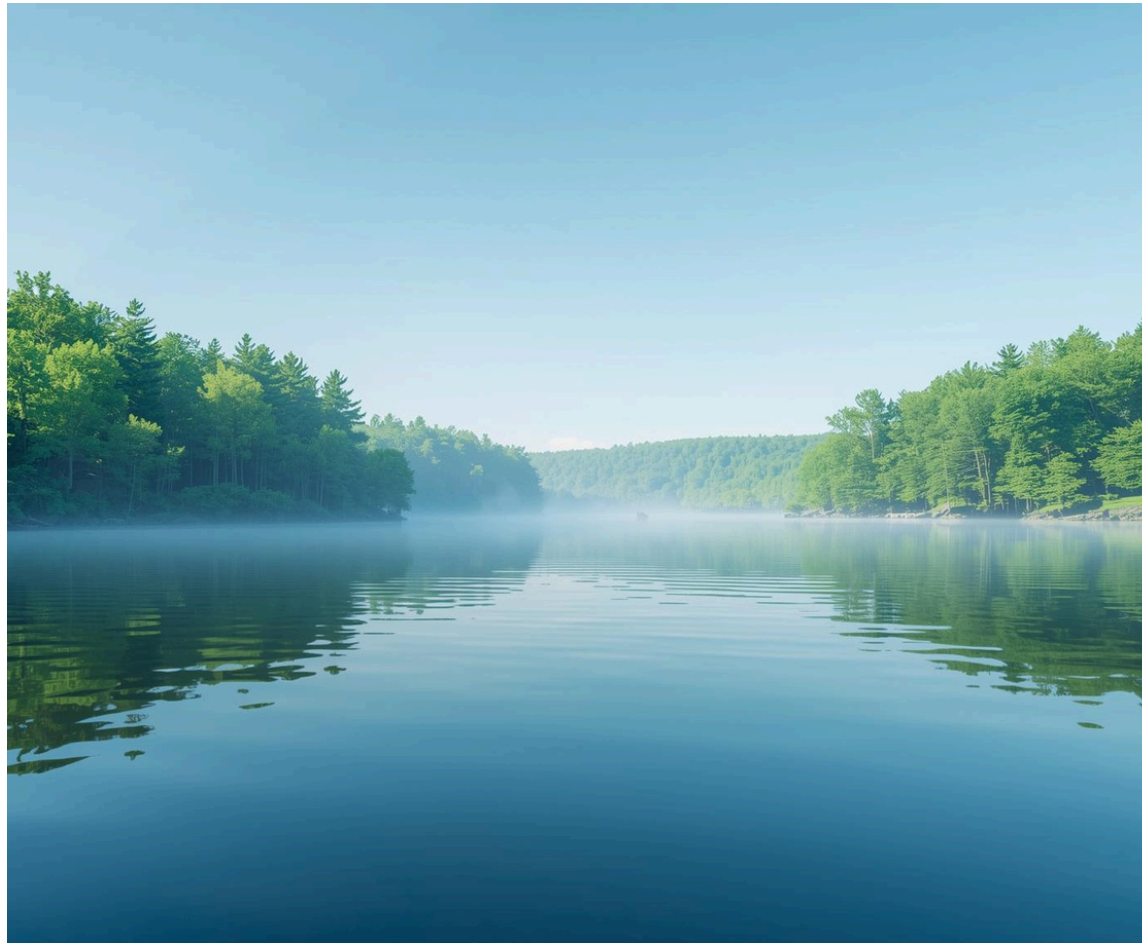
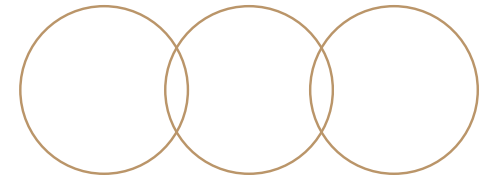
Soothing Touch is a self-soothing technique where you gently apply pressure on your body, using your hands to create a comforting connection that fosters relaxation and emotional safety.

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“Connecting with my breath and finding stillness helps my body feel safe and secure in the moment.”

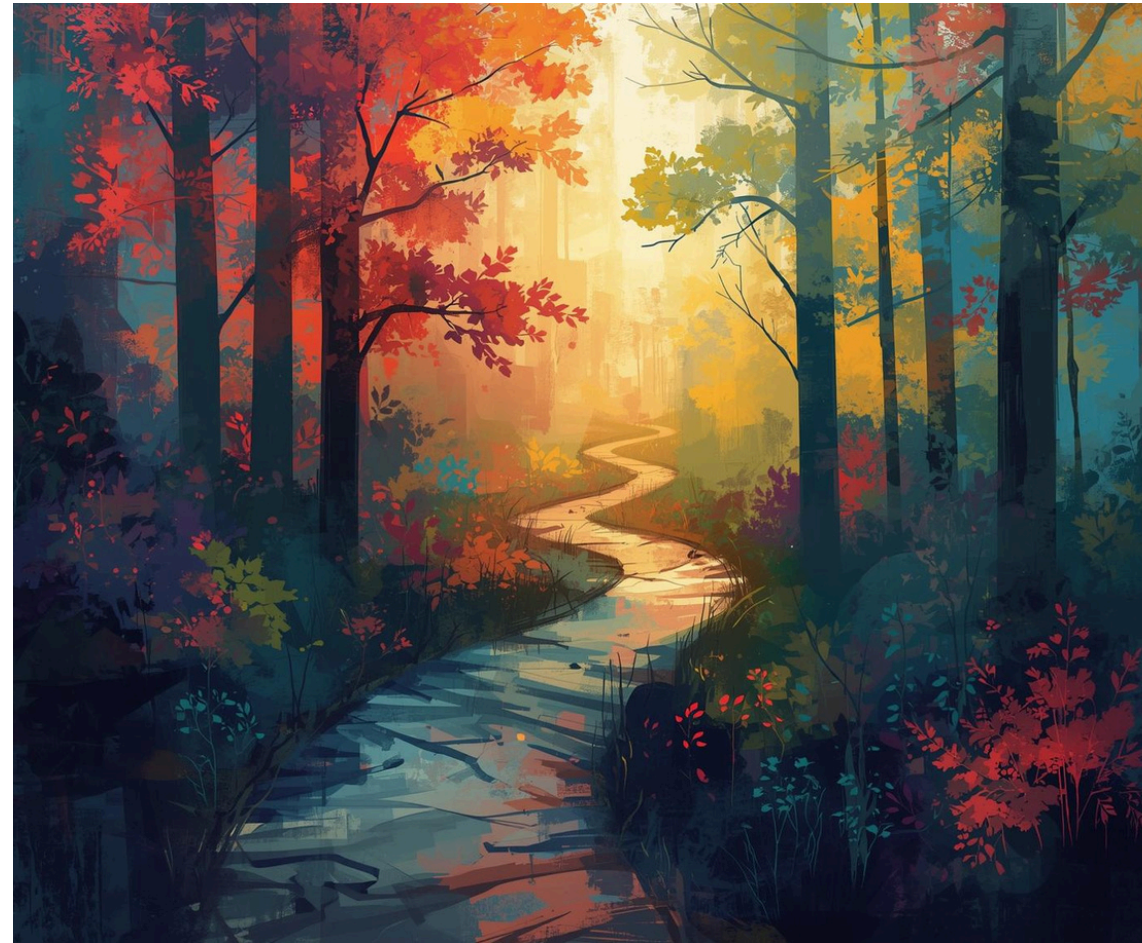
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Journal Prompts



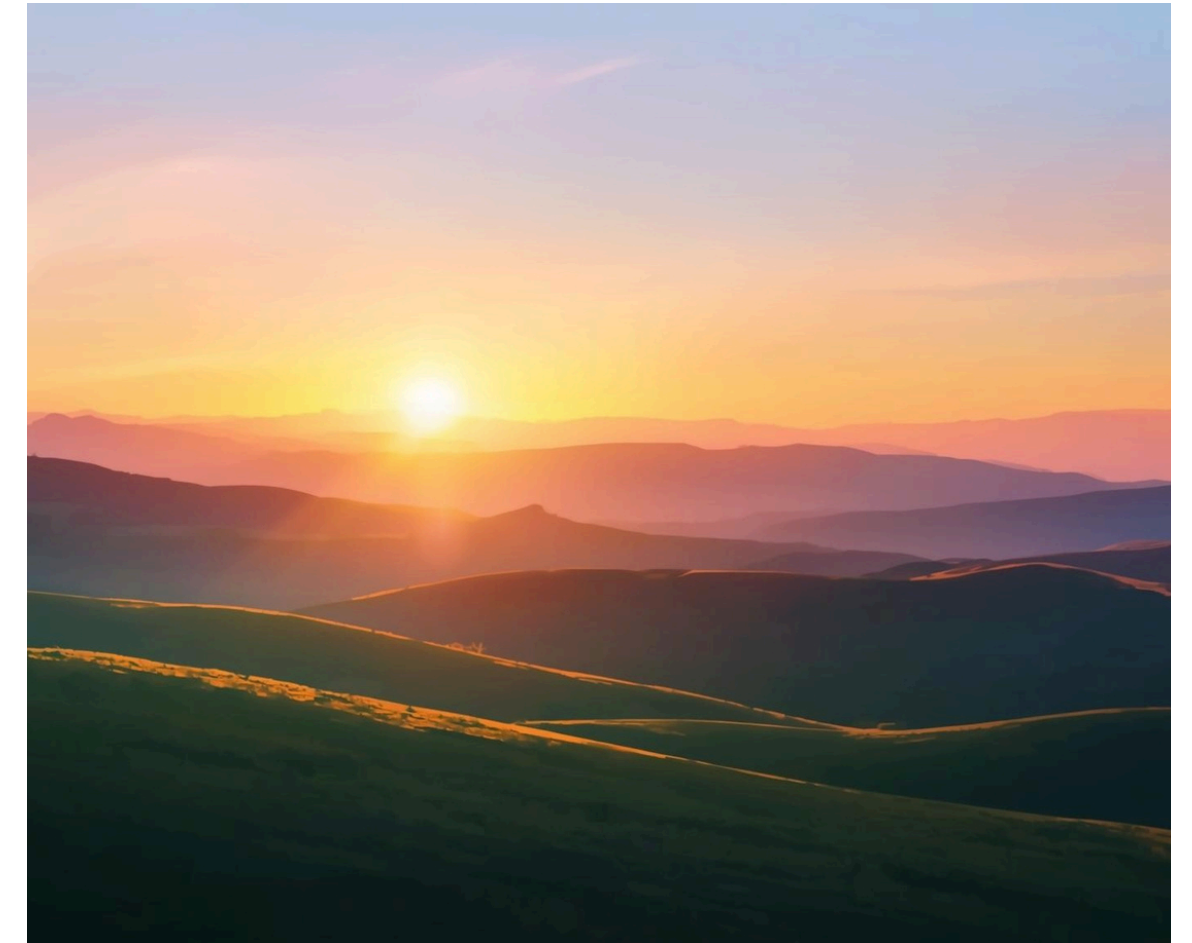
What do I believe?

Reflect on your personal convictions and what they truly mean to you.



Where did I learn?

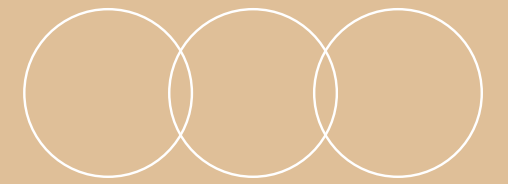
Consider the sources of your beliefs and the influences on your values.



Is it still true?

Challenge your beliefs and evaluate their relevance in your current life.

Affirmations for Empowerment



Cultivating Safety, Worthiness, Visibility

Safety Affirmation

Affirming personal safety creates a **foundation of trust** within ourselves, allowing us to explore new opportunities without fear. Embracing safety invites calmness and resilience in our daily lives.

Worthiness Affirmation

Acknowledging our inherent worthiness fosters self-acceptance and **promotes confidence**. When we believe we deserve joy and success, we open ourselves to new possibilities and healthier relationships.

Visibility Affirmation

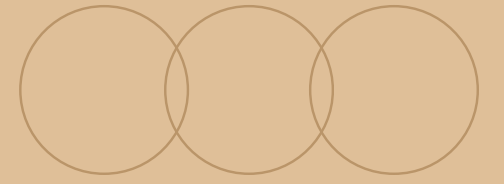
Embracing visibility empowers us to express our true selves. When we acknowledge our **right to be seen**, we cultivate authenticity, inspiring others and attracting valuable connections in our lives.

“

“Dear Me, trust your journey and embrace the growth that comes with each step forward.”

– Future Self

Daily Integration Planner



Morning Intention

Set a clear intention to guide your day mindfully and purposefully.



Midday Regulation

Utilize grounding techniques to reconnect with your body and emotions.



Evening Reflection

Reflect on your day's experiences, fostering self-awareness and growth.