

DIVING DEEP
COACHING WITH SUZANNE

THE 10 INNER SABOTEURS

An introduction to understanding
how you might be sabotaging your
own happiness and success.

Welcome

Hi, I'm Suzanne

I am a Jungian Life Coach. I came to coaching after my mom passed away in my mid-forties. At the time, I was feeling like I had lost a sense of direction. I was questioning my priorities, longing for something different, and feeling really stuck.

Discovering a Jungian Life Coach training program and psychologist Carl Jung's views on midlife gave me so much inspiration and has transformed my life.

Jung believed that the unease many of us feel at midlife is our unconscious mind's way of urging us out of complacency—to embark on a journey of self discovery and become more balanced, authentic and whole. It excited me to think that the confusion and longing I was experiencing was actually my heart calling me into such a journey—and the tools that I learned have indeed brought great insight, clarity and purpose to my life.

As a Jungian Life Coach, I am now finding so much joy working with people in midlife who want to move beyond fear and self doubt to live as their authentic selves.

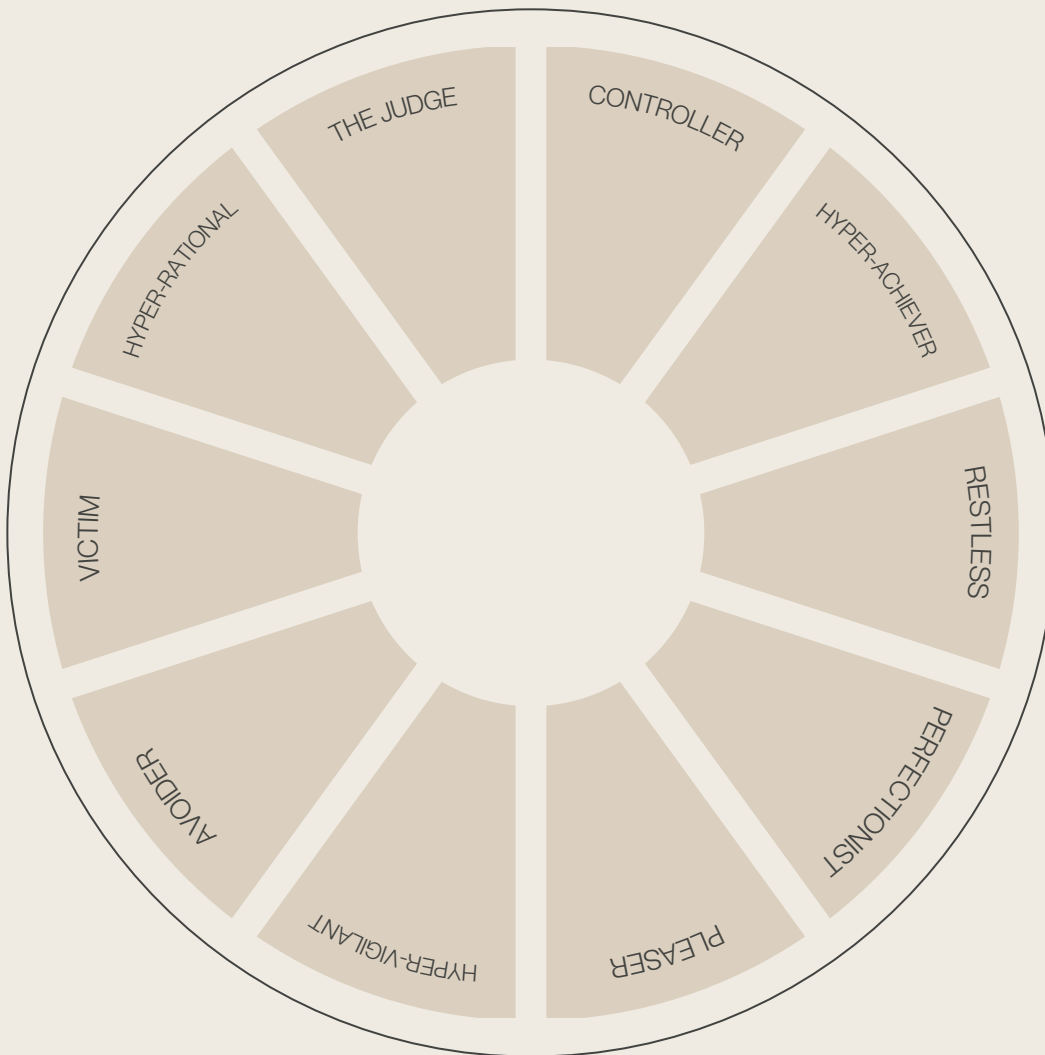
One of the things I use that helps my clients is getting to know their "Inner Saboteurs," through a process rooted in Neuroscience called Positive Intelligence. This can serve as the first step to finally seeing how they are undermining their own growth and how they can begin to move beyond these negative inner voices to experience greater happiness and success.

Let's dive in together!



The Saboteurs

The Saboteur types outlined in this guide represent universal ways that we habitually think, feel, and respond.



The Saboteurs

Saboteurs are the relentless voices in your head that repeatedly come up in the midst of your daily life challenges and generate your negative emotions and responses.

The Judge

Controller

Hyper-achiever

Restless

Perfectionist

Pleaser

Hyper-vigilant

Avoider

Victim

Hyper-rational

We all have several top saboteurs. They developed when we were young as a survival strategy. We may believe that they are helping us. However, our saboteurs hurt our well-being, relationships and performance. They cause all of our stress, anxiety, self-doubt, restlessness, and unhappiness.

The Saboteurs

KNOWING WHAT YOUR
SABOTEURS ARE IS
YOUR FIRST STEP TO
CONQUERING THEM.

The Saboteurs



We all have several dominant Inner Saboteurs.

It may sound counterintuitive, but self-sabotage is our unconscious mind's way of trying to protect us. Our saboteurs were formed to help us survive the real and imagined threats to our physical as well as emotional survival as children. We learned to use these behavior patterns to help us gain acceptance and love and keep us from experiencing failure and pain.

However, as adults we no longer need them. We convince ourselves that these coping strategies help us to be successful, but the truth is they're acting against us. They actually hurt our performance and well-being.

But they have become deeply ingrained in us. The Saboteurs' patterns of thinking, feeling, and reacting are literally soft-coded in our brain's neural pathways. We become "hijacked" by our Saboteurs when these neural pathways are triggered, leading us to immediately slip into the thoughts, feelings and behavioral patterns of the Saboteurs.

The good news is, there are methods for overcoming the voices of our Saboteurs that are rooted in neuroscience.

Conclusion

I hope you have enjoyed this guide!

Want to gain a deeper understanding of these saboteurs and how they might be holding you back?

Reach out to learn more about my 1:1 coaching and start conquering your Saboteurs.

Sign up for a Complementary Clarity Session:

<https://go.oncehub.com/DivingDeepCoaching>

Instead of being unconsciously driven by negative emotions like stress, guilt, shame and fear, Wouldn't you like to be guided by positive emotions like curiosity, creativity and purpose? I would love to support you!

Warmly,

Suzanne

