

# Self-Sabotaging Assessment



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# Questionnaire

1. Do you often procrastinate on important tasks or projects?  
(1 = Never, 10 = Always)
2. Do you set unrealistic goals that you know you won't achieve?  
(1 = Never, 10 = Always)
3. Do you find yourself frequently making excuses to avoid doing things you know are important? (1 = Never, 10 = Always)
4. Do you worry excessively about failing or about what others might think, to the point of avoiding action altogether? (1 = Never, 10 = Always)
5. Do you sometimes avoid success because you're afraid of what might come next (responsibilities, changes, expectations)?  
(1 = Never, 10 = Always)
6. Do you engage in negative self-talk, like doubting your abilities or telling yourself you're not good enough? (1 = Never, 10 = Always)
7. Do you frequently find yourself self-sabotaging in relationships or personal connections, either through miscommunication or pushing others away? (1 = Never, 10 = Always)
8. Do you often start projects with enthusiasm, but abandon them halfway through or when things get tough? (1 = Never, 10 = Always)
9. Do you engage in behaviors (such as overindulging in food, alcohol, or distractions) that interfere with your ability to be productive or achieve your goals? (1 = Never, 10 = Always)
10. Do you find yourself hesitating to ask for help, even when you clearly need it? (1 = Never, 10 = Always)

# Scoring

- **10-30:** You may not be struggling much with self-sabotaging behaviors at this moment. While everyone has moments of doubt or procrastination, they don't appear to be major obstacles for you.
- **31-50:** You might be experiencing some tendencies of self-sabotage. Consider looking deeper into certain habits or thoughts that might be holding you back. Small changes could make a big difference.
- **51-70:** There's a moderate level of self-sabotaging behavior at play. It might be helpful to explore the root causes of your fears, doubts, or negative habits and take steps to break these cycles. Seeking support or professional guidance could be a good option.
- **71-100:** Self-sabotaging behavior may be significantly impacting your life. This could be a sign that deeper issues or fears are influencing your decisions. It might be a good time to focus on developing healthier habits, learning about self-compassion, and seeking support to address the underlying causes.

## **Reflection:**

No matter your score, it's important to remember that self-sabotage can be overcome with patience and the right tools. If your score is high, consider looking at specific areas where you could focus on growth, and be kind to yourself during the process of change. You may want to also check out purchasing a manual for overcoming self-sabotaging behavior.