MINDTHEORY

A CALMER MIND A BRIGHTER YOU

Why You Self-Sabotage

When Things Start Going Well

It's not because you don't want happiness... It's because it feels unfamiliar.



The Real Reason Behind Self-Sabotage

Self-sabotage isn't a character flaw — it's a protective mechanism. Your brain prefers what is familiar, even if it's uncomfortable, because it feels safe. When things start going well, happiness can feel unfamiliar, triggering old fears and patterns.

"You're not broken. You're just a human with a nervous system that craves predictability."

01 The Core Mechanism

Your brain prefers predictability over happiness.



- Your nervous system is wired to seek what is familiar, not what is best.
- Positive change can trigger anxiety because it feels uncertain.
- So you create problems (consciously or unconsciously) to return to what feels familiar.

"Your brain confuses familiar with safe."

02 The Upper Limit & Window of Tolerance

You have an emotional thermostat for how good you feel.



When life gets better than your upper limit, it can feel uncomfortable, so you may self-sabotage to bring yourself back to your usual range.

"Your nervous system has an upper limit for happiness. Growth can feel like a threat if it's beyond that limit."

03 Sabotage Signatures

Common ways self-sabotage shows up.

- ☐ Procrastinating on important things
- ☐ Pushing people away
- ☐ Overthinking and creating doubts
- ☐ Picking fights or creating drama
- ☐ Losing motivation when things are going well
- ☐ Setting unrealistic expectations
- ☐ Finding problems where none exist
- ☐ Feeling uncomfortable with praise or success

"The better it gets, the more your old patterns can show up."

3 Steps to Build a More Secure, Happier You

01 Pause

Create space between the trigger and your reaction.

- Notice when you feel the urge to self-sabotage.
- Take a deep breath.
- Ask yourself: "What am I feeling right now?"

02 Micro-Savor

Let good moments land.

- Slow down and intentionally notice the good.
- Feel the appreciation in your body.
- Remind yourself: "It's safe to enjoy this."

03 Narrative Update

Build a new story about what you deserve.

- **Challenge old beliefs** like "good things don't last."
- Replace them with supportive truths.
- Repeat: "I am safe to be happy, and I can handle good things."

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PEOPLE GROW HAPPIER HERE

PROGRESS OVER PERFECTION

You're enough. Just as you are.