

The Overwhelmed Brain

Stop Self-Sabotage!

How to End the Cycle of Self-Destruction and Bad Decisions

Introduction

If you find yourself taking paths that end up causing more harm than good in your life, you are very likely not in alignment with some deep, core values inside of you.

A *value* is what's important to you. You have values for all the different areas of your life, and many of your decisions and behaviors are based on those values.

This worksheet walks you through a process of discovering what you value most so that you can figure out which ones are the *most important* to you, thus revealing why you behave and respond the way you do in certain areas of your life.

Many people believe they know what's important to them, but still make decisions that aren't in alignment with those beliefs. If you take action and make decisions that are not in alignment with your values, you create chaos. *i.e.* You lose jobs, relationships, and more.

Not only that, you can't understand why and how things went bad, you just know they did! When you *know* your values, you can evaluate your decisions and actions against those values.

The problem is that making decisions that are *not* in your highest interest (in alignment with what's most important to you) will almost always lead you to failure.

I'll help you define what's *most important* to you in each aspect of your life. Don't worry, this a somewhat simple process, but it will yield some powerful results to help you begin to shape your future the way you want.

Ready to say goodbye to self-sabotage?

The Process

I'm going to ask you a series of questions that will help you determine what your highest values are in all of the major areas of your life, or at least the ones you feel need the most attention. (Either print these worksheets or use a word processor to answer the questions.)

For example, if your relationships are suffering, but you're doing great in your career, it may be better to focus on your relationship values first. In this example, you may not even need to figure out your values about work and career since you are already excelling in those areas.

When writing your values, all you need to do is come up with single words or phrases. All the answers you come up with are the *right* answers, so just go with what comes to mind.

Example of Values Discovery:

What's important to you about a career?

- *I have to get along with my coworkers*
- *It's got to be close to home*
- *I want to stay busy*
- *I get an hour for lunch*
- *Easy-going boss*
- *Ethical company*
- *Plenty of air conditioning*
- *Good money*
- *Don't want work over 40 hours a week*
- *etc...*

Remember, *all* the answers you come up with are right, so never filter what comes out of you. In other words, if you answered, "I want a sexy boss" to the above question, write it down!

Are You Ready?

It's time to begin. Just clear your mind for now - think about what you like to do on vacation. I'm going to ask you to clear your mind every now and then throughout this exercise to help you "reset" your brain before certain questions. This will put you in the best state possible for getting the most accurate answers.

Got that vacation in mind? *Really feel like you're there...*

Then when you're ready, come back to **now** so we can begin!

1. Put a 1 next to the first area of life you'd like to work on. Put a 2 next to the second one, and a 3 next to the third, and so on. Even if you are completely satisfied in a particular area, write down your number anyway. It doesn't mean you *have* to work on that area, it just gives you an idea of what needs more improvement and what needs less (or none at all).

- ___ Relationships
- ___ Work and Career
- ___ Health and Wellness
- ___ Spirituality
- ___ Personal Development
- ___ Life
- ___ Other: _____

2. What is important to you about what you labeled as #1?

(i.e. What is important to you about "Spirituality"?)

Think of every word or phrase you can come up with. Just write down what comes to mind. Try to come up with at least 10, but don't stop writing if you can come up with more. When you can't think of anymore, jump to question 3.

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3. Now that you've come up with a list of what's important to you, I want you to think of what you love to do while you're on vacation.

(This is that "brain reset" I talked about earlier.)

And if vacations aren't your thing, just think of something you really enjoy doing.... Got it in mind?

Great. Come back to **now**, and let's continue.

4. What *else* is important to you about your #1 answer (from question 1)?

That's right, just when you thought you were done. It's a similar question as before, but by exploring it again after resetting your brain, you'll be able to dig into your mind a little deeper now.

It's possible you can come up with 10 or more words or phrases, or maybe just a few. Either way, just dig in and let whatever comes up, come up.

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_____	_____

5. Great! We're going to do another reset. Remember that thing you love to do? Are there any sounds where you are in your mind? Are there any colors? What stands out?

Just sit with that image for just a few seconds, really enjoying it. Or if you have any trouble visualizing, just remember the good feelings you had.

Good, come back to **now** when you're ready. We're getting closer to some real results here.

6. This is the last time I'm going to ask, but what else is important to you about your #1 answer (from question 1)?

The reason I'm asking you this question one more time is to help you get to that deeper-level stuff. After a couple brain resets, that deeper stuff sometimes floats to the surface.

If you can't think of any more, don't worry about it! You may have already thought of everything you could think of.

7. Using all three values lists that you created, I want you to arrange the list in the order of *most important to least important*. There will be a lot of moving words around here, so it's handy to do this on a computer.

This process is a little tricky to read about, so I created a video example of it here:

<http://theoverwhelmedbrain.com/worksheet-1-values-elicitation-supplemental-training-video/>

The easiest way to do this is to compare the first value with the second value and ask yourself: *Is item 1 more important than item 2?*

Example:

Values for Work and Career

1. Have fun
 2. Meet new people
 3. Weekends off
 4. Friendly boss
- etc...

Using the example list above, your comparison question would be:

Is "having fun" more important than "meeting new people"?

If you answer yes, go on to the next comparison (item 1 to item 3):

Is "having fun" more important than "having weekends off"?

When you get a "no", you can figure out where on the list that new item will go. Since "having fun" is *not* more important than having "weekends off", you can move "weekends off" up to number 1.

In a nutshell, choose the first item and figure out if that item is more important or less important than the others. Then move the item to the right place in the list. Again, the video explains it much more clearly.

Soon, you will end up with a new list that shows you what's most important at the top, and what's least important toward the bottom. Your list will be bigger than this example, but you get the idea.

New List

1. Weekends off
 2. Have fun
 3. Friendly boss
 3. Meet new people
- etc...

Notes:

- There will be some values that you find equal. If that's the case, just combine them (i.e. a value of "fun" and a value of "joy" might be the same for you, so just combine them into one value: "fun and joy").
- You may have a difficult time prioritizing one value over another. For example, you might think "weekends off" and "having fun" are equally as important. If you want to treat them separately, just ask yourself this question:

If I had A, would that give me B?

In other words, "If I had free time, would that give me weekends off?"

Or, "If I had weekends off, would that give me free time?"

Whatever you answer "yes" to, becomes the more important value. In this example, "If I had weekends off, would that give me free time?", my answer would be "yes", so I would put "Weekends Off" higher on my values list than "Free Time".

Watch the video if it still doesn't make sense.

Once you are done creating your final list, the most important values are the top 5.

- Values 1 and 2 are the "can't live withouts"
- Values 3 and 4 are those that you must have, but may give and take here and there. But without having them the majority of the time, you will not be as fulfilled as you could be
- Value 5 is important, but has a little less impact on your decisions.

Some people absolutely honor all five of their values and won't take anything less. It's really up to you how much you want to enforce your own values. However, I will say this:

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The more you honor your highest values, the more fulfilling and stress-free your life will be.

The reason for that is because of the deeper programs running inside of you. For example, if your highest value in relationships is “safety”, and you decide to be with someone who makes you feel unsafe (yet you still love them and want to be with them), you will never be satisfied in your relationship.

Being without someone who does not fall into alignment with your values is a recipe for breakdown. And when you make decisions that are not in alignment with your values, you create fear and sometimes resentment inside of you. You *think* you’re happy, BUT there’s this one thing...

It’s that “one thing” that could be in direct violation of your values. When you violate your boundaries, *you become the victim*. Then, you start blaming the world for your problems because “they should know not to do that to me” or something like that.

In reality, *you should know* that by not honoring your values, you invited the chaos into your life.

This process, if you’ve followed it through, will improve your life dramatically. And to make sure that your life improves, here’s the final step to this process...

8. When faced with any decision or action, weigh it against your values.

And here’s how you do that:

At the moment of decision, ask yourself: *Is this decision in alignment with my highest values?*

When you get a “no”, you may want to seriously consider that your decision may not be the best course of action. Deciding to go *against* that answer will cause you to carry around a conflict which **will weigh you down!**

This doesn’t mean your values can never change. You could be considering something new for the first time, and find out that you might want to be lenient on one of your high level values. You could even find out that that high level value doesn’t apply any longer, so you could simply remove it.

A good example of this is a woman who has “safety” at the top of his or her value hierarchy in Relationships. Every new partner she connects with has to meet that high level safety value, or she’ll leave them.

But, after a few years, she may have developed a strong will, self-confidence, and higher self-esteem, in which case “safety” is no longer a value.

She no longer has to worry about meeting the value of safety, because *she already feels safe*. This is when values can change: When the value becomes a part of you.

Another good example of a value no longer needed is the person who's been poor his entire life, then suddenly becomes wealthy. His highest value in career might have been money. But now that he has lots of it, there's no need to keep it as a value anymore.

Does that make sense?

I hope this has been educational for you, and you are able to improve in all areas of your life. If you have any questions, feel free to write me at paul@theoverwhelmedbrain.com.

I'm happy to assist you, or at least point you in the right direction.

Thank you for using the Stop Self-Sabotage! workbook. If you found this valuable to you, visit <http://theoverwhelmedbrain.com/deeper-learning> to discover even more ways to improve yourself and create the life you want.

You are amazing!

Sincerely,
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