

Self Sabotage and Addiction Examined

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The process of addiction is a destructive one. Many of us have been in desperate situations and we were the ones that might have caused this to happen. The truth is many of us find comfort in being self-destructive. Self-sabotage refers to behaviors or thought patterns that hold us back and prevent us from doing what we want to do. Our behaviors are self-sabotaging when it creates problems in our daily life and interfere with our goals. Simply put, it is what we have gotten used to. For some of us, we might have been living a lifestyle that led to this for many years. We are comfortable with this. Many of us thought we deserved to live like this, deserved to be miserable. Even for those of us who are successful in maintaining our sobriety, can still participate in self-sabotaging behaviors.

Truth is self-sabotage is just part of our addiction. It's a result of our abuse. Many of us suffer from feelings of inadequacy, judgement and self-hatred. This is something that holds us back.

Some of the things people do while self-sabotaging can be things like burning bridges with people or destroying all the close personal relationships around us. Once we finally come to the stage of recovery, these are the type of habits you need to break. This is the only way of making sure you not only get sober, but you stay sober.

Here are some common things that lead to self-sabotaging:

- Stress
- Isolation
- Negative thinking
- Guilt
- Self Pity
- Shame
- Reliving the past
- Self-abuse
- Perfectionism
- Negative self-talk
- Lashing out
- Suppressing our feelings

One thing that is very common among us who are self-sabotaging is procrastination. This ends up leading to many difficulties in our lives. I know for myself I sometimes procrastinate as much as possible when it comes to paying my bills, returning important phone calls and expecting

things to fall into my lap without much effort. Also so many times I judge people around me without taking a good look at myself. This leads me to believe that we need to start taking a good hard look at ourselves if we are to be successful in our sobriety.

There are many reasons why we self-sabotage. We aren't sure how to process personal success or achievements. Procrastination is a behavior that addicts can demonstrate because we often aren't confident in ourselves. Self-worth, confidence and fear of the unknown, can cause us to doubt our recovery as a whole. There are some things that we can do in order to try to avoid these things. First thing is to make good use of your time. We only live once and should try to live our life to the fullest and take advantage of any experiences that we can. Another thing that can be done is to raise our awareness of our thoughts, feelings & emotions. We need to keep asking ourselves if our actions are moving us closer to our goals, or farther away from our goals. This can give us a view of the way we live our lives and the things that we can do better. We need to be able to reflect on the way we have been living our lives and how we are going to handle our new life of sobriety.

Some things that also can be done is talking to someone, trying to be more mindful of everything that we do, and learn not to react to things impulsively. Identifying our emotions can greatly help. Making notes of our patterns can help us increase awareness and modify our behavior in the future. Make a plan. Once we know what to look for, we can plan how we'll respond the next time. Replace negative instincts with positive behaviors. Aim for progress not perfection. We should gradually improve our habits, instead of expecting instant healing. We should not deny we are addicts and have cravings. Go to meetings and talk about it. Balancing our lifestyle and making a schedule for sleep, exercise and other activities.

Self-pity has no place in recovery. We should not pity ourselves for what we lost, but make a plan to rebuild our future. Guilt and shame are sure ways to relapse. Let it go. We need to forgive ourselves for our past and move on with our future. Also, we should learn to be more compassionate to ourselves. We must practice compassion and self-love if we are truly looking to take our sobriety seriously. I believe without these things, we are more likely to relapse.

Something that is also quite common amongst people who self-sabotage is that they think they are in control of everything in their lives even though that can be far from the truth. Sometimes we need to just confront the fact that we are not, and never will be, in control of everything that is going to be happening in our lives. Things happen and we need to learn how to handle ourselves.

So what are the things that we can change in our lives to help better our situation? We need to really look at ourselves and find the things about ourselves that need changing. A member of our group always says during our meetings that it is about progress, not perfection. This couldn't be more true. We must make a conscious effort each and every day if we are to change these things about ourselves. But if we expect perfection in everything we do, we are setting ourselves up for failure. Ultimately, what we need to do, is to look out for what triggers us. We are responsible for our triggers. What are the things that give us a feeling of anxiety and make us more likely to use again? We need to really examine these things.

We also need to address the issue of self-care. This contributes to many negative things if you do not take care of yourself. It can lead to things like low self-esteem, losing confidence in one's self, and negatively affecting the relationships around you. Then once you affect the relationships around you, it gives you feelings of loneliness.

Some of us are lucky enough to still have good relationships in our lives. But a common problem is that we refuse help and we isolate. We turn our backs on the only people that care about us. It's something that is hard to think about, but issues like this do happen. This in turn can also lead to feelings of depression as well.

So how do we deal with and overcome our habits of self-sabotage? I think the first thing we should try to do is reach out to our support system, if we're lucky enough to have one. Some of us might find this more difficult than others as many of us have been isolating ourselves for so long. We need to try to work on these relationships and have positive people around us. This can also include professional help. The help of a therapist or counselor can be a great tool.

Another thing is to start making good use of your time. Many of us have been sitting around in self-pity and not being productive. It's time to get up and start doing something. There are many things one can do to make use of their time. Maybe a hobby like painting or learning to play a musical instrument. Many of us were inactive and sat around on the couch for so long, we're not used to actually getting up and taking on new tasks. We need to learn these new skills if we are to be successful in our sobriety.

