**A STORY OF SELF SABOTAGE - WE'VE ALL DONE IT**

**Male speaker**: Welcome to the Chalene Show. Chalene is a New York Times bestselling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene Johnson**: I want to talk to you about self sabotage. And what is self sabotage? Well, the easiest way for me to describe it is it’s a way you mess things up. And you probably don’t even realize you’re doing it intentionally. But you do it because you start to get uncomfortable. That’s why we self sabotage. Like who in the world would want to mess up a good thing? Well, your conscious mind would never want to mess up a good thing. But your self-conscious mind wants to mess up a good thing because it’s getting uncomfortable with this good thing.

I want to share with you a story that happened this weekend. So first, I did a girls’ trip. And then we followed up the girls’ trip with a Team Johnson trip. So we had 11 of us in this amazingly beautiful mountainside home in Park City, Utah. It was like 12,000 square feet. This house has like rock-climbing wall. You literally walk out the door and there’s the chair lift on the side of the mountain and you ski or snowboard down. It was amazing. Spectacular.

And we wanted to show them a really good time because our staff makes incredible sacrifices for us, like for us. Like they’re also brilliant. They could all have their own jobs, their business and they sacrifice to be with us which is pretty huge, right?

And I’m always so grateful for the life that I have. The life that I have is because of them, the life that we enjoy is because of our team. And you’re only as good as your team. So we’re always doing our best to hopefully help them understand how invaluable they are to us.

So we had this amazing weekend. And one of the things that we planned for them was a snowmobiling trip. And most of them had never gone snowmobiling before. And each one of them had their own sled. Each person was on their own snowmobile. And the guy, there was a guide - it was a guided tour at sunset. The guide took us on this really super cool dope like excursion.

But at one point, he took us to this place where the hill was so steep. When you’re at the top of it, it was like, you couldn’t see the bottom. You know, he said that we would come out the other end but like I can’t see the bottom. Like it was that kind of scary. And so can you imagine all these people on snowmobile in the snow, you know, most of them are like Cali people. And basically they’ve been on the snowmobile for the first time and they’ve been on them for 10 minutes and now at the top of this like, what?

And he said, “You know, this is my favorite part of the day, is when people take this hill. And I want you guys to scream like it’s a rollercoaster. And let me tell you, nobody needed to be convinced to scream, you just scream because it’s like, ‘Okay, well, my life is over, so I deserve to scream.’”

You know, it’s like when I’m driving with my husband, he’s always like, “Do you have to scream like that?” And I say to him, “Yes, because I think I’m going to die. And if I think I’m going to die, I don’t like deserve to scream? Like shouldn’t that be like my last wish? Like shouldn’t I be allowed to scream if I’m about to die?” you know.

And so we’re all going down on the snowmobile like [screams] like screaming like. And we did that and we played heads up and we played games and we had a beautiful thanksgiving dinner catered by professional chefs for our team. We skied together. We did all these amazing, amazing things together.

And on the last night, I said, “What was your favorite part?” And over half of the group said that their favorite part was that hill. And I was like, “Really? That moment like that little five seconds was your favorite moment of the trip?” And they all were like, “Yeah, yeah.” And I said, “Why?” And they said, “Because it was so scary. And if I was by myself, I wouldn’t have done it.” But because I knew I would survive because I saw somebody else do it before me, I felt that fear and I just did it. And I went over the edge of that cliff and it felt amazing. Like as I was coming down screaming, I felt this feeling of being alive and like really proud of myself that I felt the fear and I did it. Fear gives me confidence. I can’t eat enough fear. I love fear.

That’s why I love Live TV, I love doing scary physical things, I love doing things that are uncomfortable, I love doing things that are awkward because I’m addicted to that feeling. I’m addicted to feeling fear and going, “Wow, I wasn’t very good at that but I lived and it feels so freaking good.” I love fear. It makes me feel amazing. And every experience that I get through and survive that I have fear and I just do it anyways, I always feel more confident.

The reason why we self sabotage is because we get uncomfortable. So I have this really amazing, amazing girlfriend. We’ve been friends for about 15 years or more. And she’s intelligent and articulate and freaking so smart and beautiful, not that matters. I’m just meaning like everything in her favor. Like so talented, so crazy talented. And she’s that person who you’re like, “Oh my god, she can do anything she wants,” right? Gosh, I know a couple of people like that. Another person is coming to mind too.

And they’ll be in this position where things are like about to pop, like really go off for them. So one example I can give for you is this girlfriend of mine. She was suddenly really killing it in social media. And she had high-level clients paying her top dollar to do their social media marketing. I’m talking people you see in TV, I’m talking executives and corporations and small organizations contacting her and she was working as their social media consultant and making a killing just a few years prior she’d gone to a self sabotaging cycle where she’d gotten to the top of what she was doing at that time and then suddenly kind of started flaking and not showing up and she had to start all over again, you know. And I loaned her money, helped her get back on her feet, she had her car repossessed.

And here she was again, you know, at this point again where she was like killing it and it will buy her own car again and able to help take care of people and really in demand. And then started getting uncomfortable and she stopped returning emails and stopped doing - like not just stopped doing a good job, like stopped doing, you know.

And one client after another after another - in a course of about a month, they all dropped her. It just didn’t’ make any sense. And it wasn’t complacency. No. It was that she started getting really uncomfortable being successful.

The same way that some of you can date the most amazing guy or the most incredible girl. You know, maybe you’re married now but maybe you can remember back when you were on the dating scene. And you would date this amazing guy or whatever and you purposely screw it up. It’s like, aahh, I’m not comfortable with a nice guy, I need a bad guy. I need a bad guy so I need to screw it up, right?

Or I’m not comfortable with this success, I’m going to screw this up. You see, your conscious mind doesn’t do that but your subconscious mind does because it doesn’t believe that you belong there or with that person or that you deserve the success.

And now, she and I talked about this pattern because it’s been going on for years. Like way up here and then pow just over and over and over again. It’s a pattern and we finally talked about it one time and I said, “I know you see this is happening. What does it make you feel when you start to get everything in order? And all of the pieces are coming together and you’re doing all the things that people have always said you should be doing and could be doing and you can feel and taste and live success, what does that feel like?

You know what she said? She said, “It feels like I’m bad and I’m going to get in trouble because growing when things are going well for me, it made my mom turn on me. It made my mom jealous and it made my mom angry and upset and she should lash out at me. And so in my mind, the rule has always been my life can’t be better than my mom’s.” And that’s her story.

But I think for a lot of people, we have a story we say that we tell ourselves, right? And we have this belief that we do deserve someone like this or we don’t deserve that kind of success. And so we’ll get to that place where it’s like, I know what to do, I know how to make this continue or I know how to keep moving forward but I’m not going to because I’m uncomfortable. You’re at the edge of that steep snowy mountain. And you can’t see the bottom. And you know you’re going to survive it but you feel that fear and that fear makes you uncomfortable.

And our psyche, our intuition, our DNA tells us, get comfortable, get comfortable even if going back means you’re going to sacrifice, even if turning around means you don’t enjoy the very best part of the trip. If even if in your mind you know I’m going to regret doing this but I’m uncomfortable, we turn around. We’ll do something to ruin the situation. We’ll do something unbeknownst to us. We don’t know we’re sabotaging it until we really take a look at our history.

The reason I want you to think about this is because there are patterns. And if you notice a pattern and then somebody doesn’t have to point it out to you which is sometimes it’s really uncomfortable. And if you’re not sure if there’s a pattern and if you’re not sure where it comes from or why you feel that way, then you all need to put on your big boy boots and you need to go see a therapist because your best friend and somebody else on Periscope, that’s silly. Like go figure this out.

Go figure this out because you know what, you do deserve to go down that big snowy mountain. And you do deserve to enjoy feeling that fear and doing it anyways and realizing, “Hey, I was really uncomfortable at the thought of going over this snow-covered mountain where I can’t see the bottom of. I was really uncomfortable with it and I didn’t turn back. But now that I’m like heading down and screaming, I can feel this rush of adrenaline and I realize I’m alive. And I realize I can get comfortable doing this.” And that’s what you can do.

You can get comfortable with an uncomfortable feeling, you can. But you’re going to cut yourself short. You’re going to miss out on the best relationships and the most incredible opportunities because you haven’t figured out somewhere in the back of your head, there’s a little voice that says you don’t deserve to be here. And you just have to ignore that little voice because the voice actually doesn’t even belong to you. It’s like somebody else’s voice that been implanted in your head. It’s not even your voice.

Like you weren’t born with that voice in your head. Like we’re not born with innate fear. I will never forget when my son, Brock, who’s now like 18, when he was like about four or five. We’re walking to a restaurant and I was holding on to his hand he took off running to a speeding car. You know what, he saw the car and he took off running in front of it. And you know, we all freaked out and yelled at him.

I just never forget seeing that and realizing you have to be taught fear, you know. And some of us have been taught irrational fears. We’ve been taught to fear our own success. We’ve been taught to believe that we don’t deserve greatness, that we don’t deserve people who are loving and caring and kind and sweet. We’ve been taught that we don’t deserve compliments. We’ve been taught that if we’re enjoying our lives, then we should feel guilty because a parent isn’t enjoying theirs or a sibling isn’t.

And I think you’re limiting the potential of your life and not for like personal reasons, but like when you limit your potential, you limit the potential you have to touch so many other people. You know, and that’s just not fair. And for a lot of us, we have a hard time taking that outside of ourselves, right? Like that feels selfish, right?

But if you think about other people - and I know you want to help other people and you’d love to help, you know, a younger version of yourself of just people you care about, like you’re going to have to start realizing and recognizing those patterns where we self sabotage. I can think of so many amazing examples.

And it’s funny how often times it’s the people who they just refuse to hear, to hear all of the great things everybody around them is saying. You know, people aren’t stroking you if they are telling you, you are so freaking talented. You can do this. People are not stroking you when they say that. They mean it. And you need to start listening. You need to start hearing that. You need to stop listening to that little voice inside of you that says, “Oh, they’re just being nice.” That’s not true.

When somebody tells you what you should be doing, what you could be doing, just write it down on paper and keep track of it. Keep a folder. Keep a little evidence folder. And the more you review that evidence folder, the more likely those thoughts are going to become comfortable because right now they’re just uncomfortable because you focus on all those negative thoughts you’ve heard and all those beliefs that you formed in your head. And that’s why we get uncomfortable when things start to go really well, right? And we’re like, uh-oh, uh-oh, I don’t deserve this. This is going to be uncomfortable and we move away.

I want you to listen to this because you need to, I mean we all need to. Like we all need to. I mean I do this, I self-sabotage. And I try to catch myself when I’m doing that. You know, when like something is like, oh, this could be awesome. But it’s also going to be really uncomfortable. What if I fail? What if I fail? I know what I’ll do, I’ll fail now so that no one can reject me. I’ll fail myself so that no one has the opportunity to take that power away from me. I’ll take it away from myself. Like we all do this.

It’s just understanding and recognizing those patterns and realizing that it can be the absolute best experience to have that fear and live through it and to know you came out on the other side okay.

So what does a compliment make you feel like? I think most of us have, especially women, they have a hard time accepting compliments. But think about when you give someone a compliment, what are you trying to do? Consider what they do want.

I think that when people give you a compliment, if you can remember in that moment, they’re handing you a gift and when you deny the compliment or like I’ve had this forever or like, oh my god, what are you talking about? You’re super, I look ugly today. When you do that, you’re basically taking your gift and throwing it away because we give people compliment because we want to make them happy, right? And so when you deny it, you know, you’re denying their happiness, that’s how I try to remember it, just accept it.

When you feel you’re self-sabotaging, ask yourself what good thing is happening and how does it make you feel? Or what good thing do you see as a possibility and how does that make you feel, right? And so if your answer is it makes me feel uncomfortable, it makes me feel nervous, it makes me feel fear, then you have to ask yourself, what would I feel if this would actually turn out, if this were to actually - if I was actually to succeed, what would I feel, right?

And then ask yourself what you would feel if you never tried, if you never gave your best shot because oftentimes, the thing that we fear, we’re just afraid of it so we don’t think it through. We see that thing, right, and we’re like, okay, I just feel fear and so I’ll not think about it and we like push it away like very, very quickly. And we don’t want to think through. Like we like ping-pong it away.

And what I always do for myself is I’m like, “Okay, that freaks me out, but let me think this through. What is the absolute worst case scenario?” And then if I know the worst case scenario, which is kind of the unknown which is what gives us fear, that’s the unknown. What I do know is me. No matter what happens, no matter how crazy the circumstances, I know exactly what I’ll do even if I don’t know what’s going to happen.

When I face a situation like that I go through each and every possible negative, like the most negative scenario. And I’m like, “Okay, so if this happens the worst possible scenario, what will I do?” And as long as I know the answer to that, then it really lowers my anxiety, it lowers my fear, it allows me to do it.

So to bring this back to the trip that I took with my staff, and we all were reminiscing about our favorite moment of the weekend and everyone’s favorite moment came down to this five seconds, five seconds on a snowmobile on the edge of a very steep, steep, steep, you can’t see the bottom, hill - snow-covered hill at night.

And we all agreed that was like our favorite moment. And the reason why it was everybody’s favorite moment is because you feel so freaking good when you’re scared to death and you do something and you’re like, “Hey, I lived. I did something even thought I was afraid.”

Like when you do something even though you’re afraid, it always feels amazing, right? And then you’re like, “Do it again, do it again, do it again,” like a little kid. It’s like a high, you feel like, “Okay, I can pretty much do anything now. If I can do this, I can the next scary thing.

How do you avoid external negative talk when it’s coming from your family members? You don’t engage with them. So you know because there are signs when they’re about to go there, right? And so then you just do it. And you’re entitled to. Just because somebody is blood, it doesn’t make them a supportive family member.

Like I have people who I consider better and more loving supportive family than blood family. So don’t think it has to do with blood lines and you’re not obligated and not responsible to please family members because they have their own hang-ups. And half the time, your success is triggering their own feelings of inadequacy in themselves. And so of course, they’re going to knock you down, right? So you don’t give them that opportunity to say, “Hey dad, how is it going?” And then once the conversation starts to go, they’re like, “Hey, dad, dad, listen, I love you. But I got to go right now. Super busy. Got to go.”

And then eventually, you stop giving them a platform and trust me, it will change. But you teach people how to treat you. So if you’ve made it okay, you’ve made those rules. And if you want to change those rules, then you have to expect that they’re going to be upset because they’ve been playing by the same monopoly rules for 20 years and now you’re going to suddenly change the rule. Change rules slowly, but just know, it is you who teaches people how to treat you. You either accept it and when you accept it you’re saying this is okay with me.

But I don’t think you should do it overnight. I honestly think that’s not fair. Like even if the treatment has been horrible, dude, on your own part, you’ve been allowing it. On your part, you’ve been allowing it so you can’t change it overnight. You can’t be like holding in all of this resentment and not talking about it and then just dealing with it and taking it and taking it and then you’re just like a volcano about to explode. And then the next day you decide, enough is enough. That’s not fair. You can’t just change the rules like that. That’s not fair, not if you truly love this person.

So then even if it’s family, then you slowly and gradually but with purpose and with a decision change what how you will allow people to treat you.

Thank you so much for listening to this episode of the Chalene Show. As always, I just want to let you guys know, you are the bomb.com.

This episode has been sponsored by courageousconfidenceclub.com. It’s a club that I’ve created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves. Being yourself and feeling good about it, all of us could benefit from having more confidence.

I’d love for you to just experience a taste of it. So please be my guest by going to chalenejohnson.com/confidencetips. Now if you don’t feel writing that web address down or remembering to go there later, all you have to do is while you’re listening from your phone, send me a text message. The number is 949-565-4337. And that is for U.S. residents. Then just send me the word confidence and I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation whether it’s work or personal or just your social interactions. Every one of us can benefit from having more confidence.

There, you’ll submit your email address and I will immediately send to your inbox my latest training video where I teach you step by step how to feel more confident in just about any social setting. I think you’ll find this incredibly useful whether it’s business or personal or just in your everyday interactions.

Confidence is something that makes life easier. It helps you to raise more confident, self-efficient children. It allows us to speak our mind to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us.

By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to, the person you want to be, the person you deserve to be, the person you know is inside of you. So thank you for checking out my free tools by going to chalenejohnson.com/confidencetips.

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