

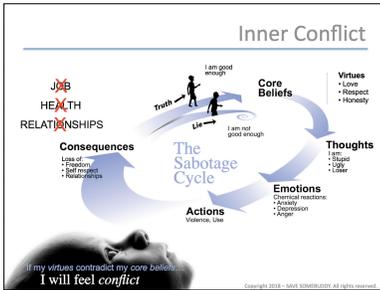
The Sabotage Cycle explains how when we get into a cycle of sabotage we can lose our identity. We can also restore our identity and find success. The brain can be trained by changing core beliefs, these are filters through which we interpret all of our experiences. Like looking through a pair of glasses. (Have a student put on a pair of glasses or sunglasses and ask, "Does everything look different?").

As children, we believe lies or the truth about ourselves and the world. If you believe a lie like "I am not good enough, not safe or not wanted" your core belief will create thoughts like "I am stupid, ugly, or a loser." Your thoughts create emotions, which are real. Emotions are brain chemicals and chemicals can be changed. You can become addicted to the brain chemicals of anxiety, depression, anger, and feeling sorry for yourself just like a drug. You know you are addicted when you react without thinking. If you get angry quickly your brain has become addicted to the chemical reaction of anger.

Do you know anyone who creates drama? Is it you? You can create situations where you will feel like a victim so you can feel the chemical high of feeling sorry for yourself. When we experience trauma, it breaks connection with ourselves and others. We learn to act in ways that can be harmful. We do this to survive painful experiences, control our emotions, and to feel accepted by others. We may act out violently or use many kinds of addiction. These ways of controlling emotions can have serious consequences.



Imagine we are driving down the road together. I am driving and I believe I am not enough. You believe you are enough. We are all having the same experience. We can see the road, feel a breeze, and the warmth of sunshine. How we view the experience is based on our core belief. All of a sudden a driver almost hits us. You are upset but nothing happened and you ignore it. I see things very differently. I think, "He meant to do that!" I start feeling angry and drive dangerously. I swear, yell, and make rude gestures at him and drive in a reckless way. You are upset now, but not at the driver in the other car. You are thinking, " We need to get out of here!"



You get to go home and I get to sit in a jail cell where I think about the consequences of my actions. I have lost my freedom because I am in jail. I have lost my self-respect because I feel like an idiot. I have lost my relationship with you because you no longer feel safe with me. My consequences strengthen my core belief that I am not good enough. The sabotage cycle goes around and around. If I believe I am not enough, I might I believe I don't deserve a job I enjoy, my health, or loving relationships. So I sabotage those things in order to be right, and I don't even know that I'm doing it. I sabotage myself to support my core belief.

What I believe about myself are my core beliefs. Who I am are my virtues. Love, respect and honesty may be important to me. If I believe I am not enough I will not be loving, respectful, or honest with myself or others. When my virtues do not match my core beliefs I will feel conflict.



Like and angel and devil on your shoulders that are always fighting.



Lies are the false stories we tell ourselves. Where do we learn these lies? (Talk about it)