

Get to know your Inner Saboteurs

Doctor **Shirzad Chamine** Ted talk:

<https://www.youtube.com/watch?v=-zdJ1ubvoXs>

Saboteur	Sage
Survival brain	Advancement and thriving
Anxiety, anger, disappointment, shame, grief, regret, blame	Curiosity, empathy, joy, creativity, peace, calm, resolve, gratitude
We are more naturally neurologically wired for it so we need to work to weaken this	Approach that we can change every circumstance into an opportunity
Usually controlling, judging others, keeps and holds back, wants to be in the safe environment, loves what is familiar and would love to walk the familiar path, rather passive and chooses comfort more than the unknown	How to strengthen your Sage? Five steps: 1. Empathize 2. Explore 3. Innovate 4. Navigate 5. Activate

Your nine Saboteurs:

Controller	Hyper-Achiever	Restless
Stickler	Pleaser	Hyper vigilant
Avoider	Victim	Hyper rational

Check out my video about the same topic in depth here:

<https://youtu.be/GMoo9qglCbs>

Blog post with additional links is here:

<http://crystalralaksmi.com/get-self-created-self-sabotage-traps/>

Enjoy the process!
 With aloha,
 Crystal Ra Laksmi-Ditton

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