



A FREE GUIDE FROM THE SECURE BOND

What's Really Stopping You?

Five signs of self-sabotage — and one gentle CBT tool to uncover the belief hiding underneath.



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Dear friend,

You know this moment: you know exactly what would be good for you — and you do the opposite. You postpone the important conversation. You quit right before it works. You say "it's fine" when it isn't fine at all.

This has a name: **self-sabotage**. And it isn't laziness or weak willpower — it's a veteran protection mechanism. Somewhere in your past, your mind learned that something — success, closeness, being seen — came bundled with danger. Ever since, whenever you get close to it, the brakes slam on.

In my work as a certified CBT relationship and life coach, and as a doula walking beside families since 2013, I meet this pattern in strong, capable, loving people. It says nothing about who you are — only about what you once learned. And what was learned, can be learned anew.

In this short guide: we will name the signs of your self-sabotage, and you will receive one precise tool — a taste of the deeper work — to discover what is really hiding underneath.

Warmly,

Esti

Five signs you're standing in your own way

Check what feels familiar. For most of us — two or three.

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Procrastination

"I'll start tomorrow." The delay pushes away the moment of testing, the moment you could fail.

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Perfectionism

"If it's not perfect, it's worthless." An impossible bar guarantees you never finish — so you can never be judged.

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Playing small

You give up space, credit, and voice — before anyone else has the chance to take them from you.

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Distance, just when it's good

When things get close and warm — you find a reason to pull away or explode. If it's going to break, at least it breaks on your terms.

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Quitting right before

Starting with fire — and abandoning ship exactly when it starts to work.

The most important sentence in this guide: every one of these signs is a protection, not a flaw. The right question is not "how do I stop this" — but "what is it trying to protect me from." And that question has an answer: one limiting belief, old and quiet, sitting underneath it all.

Discover what hides underneath

This is one of CBT's most elegant tools: take an everyday thought and ask about it, again and again — **"and if that were true... what would it say about me?"** — until you reach the bottom layer. That is where the belief that runs everything lives.

"I can't ask him for help with the kids."

↓ and if I did ask — what would that mean?

"He would see that I can't cope."

↓ and if he saw that — what would it say about me?

"That I'm not a good enough mother."

↓ and if that were true — what would it mean?

"If I'm not perfect — I don't deserve to be loved."

Notice: we started with "help with the kids" and ended at "deserve to be loved." That distance is why willpower alone doesn't help — you cannot solve with logic something that lives on the floor of the heart.

How do you know you've reached the bottom? When the sentence lands in your body — a pinch in the chest, a tight throat, tears. A core belief doesn't sound clever. It sounds painful and simple.

Your downward arrow

Take a recent moment when you stood in your own way, and travel down with it. Stop when something pinches inside.

What did I do (or avoid doing)?

The thought that crossed my mind in that moment:

And if that were true — what would it say about me?

And if that too were true — what would it say about me?

The belief I discovered, in one simple sentence:

And now — a first step of compassion. What would I tell my closest friend, if they believed this about themselves?

Example: ~~"If I'm not perfect — I don't deserve to be loved."~~ → "I am learning that the people who love me — love me as I am."

A GENTLE STEP FORWARD

Discovering the belief is only the first gate.

After naming comes the deep work: putting the belief on trial, writing a new one you can genuinely believe in its place — and practicing it in real life. That is exactly the process I built in the complete workbook, **Breaking the Pattern** — five gates, step by step, with the very tools I use in coaching.



The complete workbook is waiting for you at: thesecurebond.com

And if you'd like to talk about what you discovered — book a free discovery call. No pressure, no script.

WhatsApp works too — I read every single message.