

SELF-SABOTAGE SELF-ADVOCATE

➤ BEHAVIOR SUPPORT

➤ EASY TO USE

➤ SPED FRIENDLY

➤ REGULATION TOOL



When I Feel Like Self-Sabotaging

Directions: Read the questions and write your answers.

1. Sometimes people self-sabotage because they feel it allows them to control a situation and predict what might happen more easily. Do you ever self-sabotage in your life? If so, give an example.

Self-Sabotage

When you are the enemy who keeps you from succeeding.



or need. What are strategies you're struggling with?

Self-Advocate

When you are the friend who helps you succeed.



Caroline Koehler

REGULATION SUPPORT VISUALS



Caroline Koehler

PROBLEM SOLVING WORKSHEETS

When I Feel Like Self-Sabotaging

Directions: Read the questions and write your answers.

1. Sometimes people self-sabotage because they feel it allows them to control a situation and predict what might happen more easily. Have you done this in your life? If so, give an example of what happened.
2. The opposite of self-sabotage is advocating for what you want or need. What are strategies you could use to tell others what you want or need when you are struggling?
3. Learning to let go of self-sabotage and use self-advocacy takes practice. How can you practice the skill of advocating for yourself?
4. What are some of the consequences that happen when you self-sabotage?
5. What positive effects could happen in your life when you self-



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Self-Sabotage

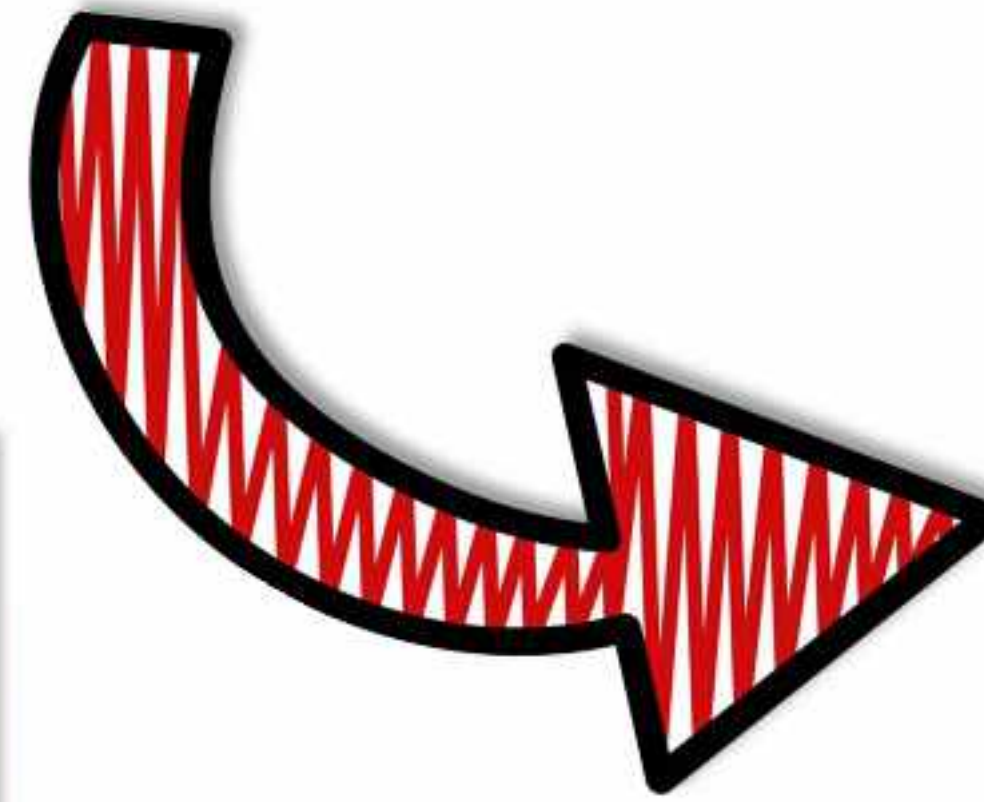
When you are the enemy who keeps you from succeeding.

Self-Advocate

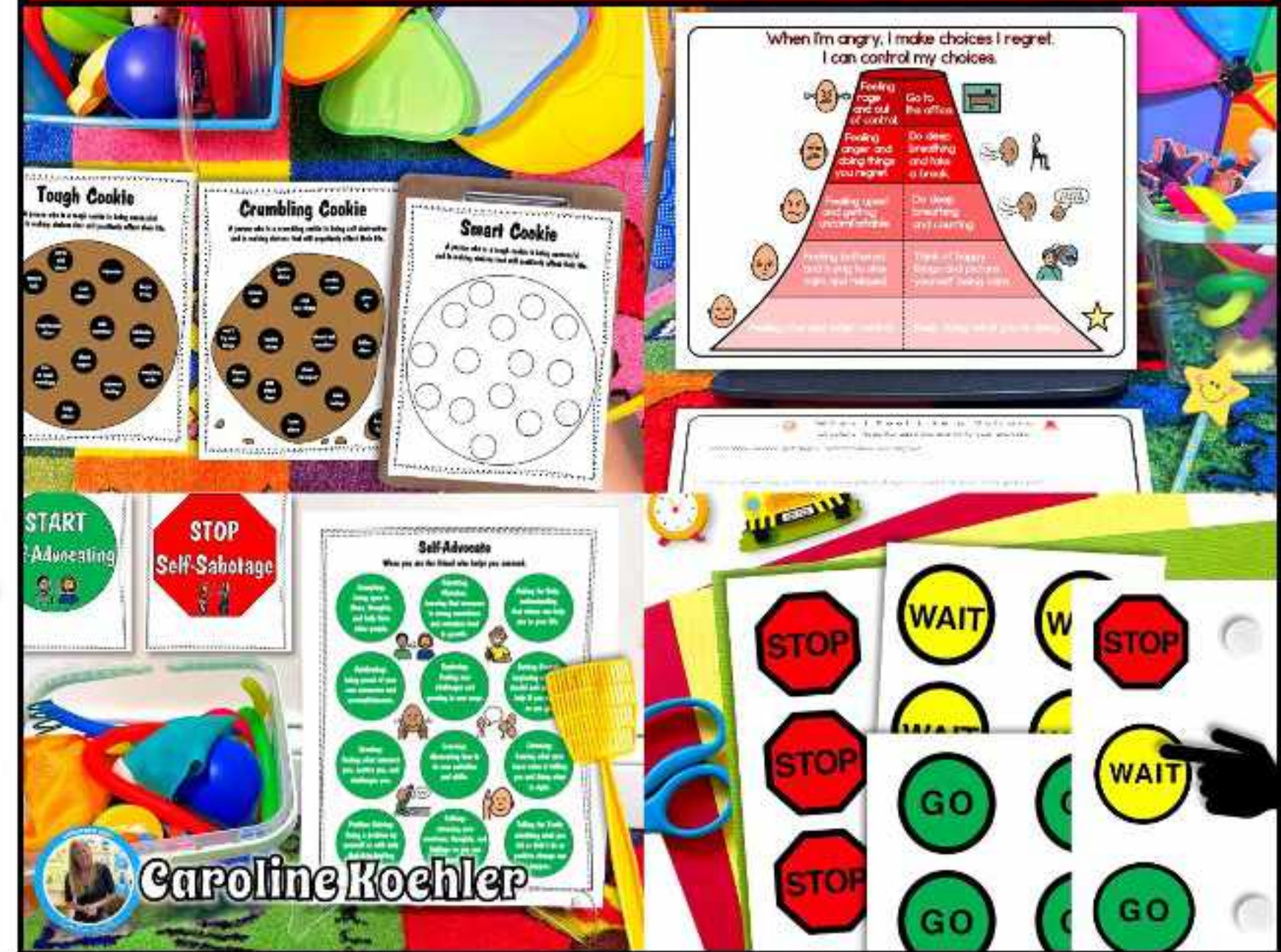
What are you doing to help yourself succeed? Write or draw your thoughts in the circles below.

CHECK OUT THE BUNDLE!

[Click here](#) to get these supports plus 5 more behavior tools!



BEHAVIOR CONTROL CLASSROOM SET



- ✓ General Education + Special Ed
- ✓ Tools for behavior success
- ✓ Classroom Management Support



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