**Lecture 2**

**What takes to become successful to overcome self-sabotage**

What we fail to realize is that we are creating our circumstances through subconscious self-sabotage. To overcome self-sabotage, we first have to use conscious awareness to explore our emotions and fears and understand how they influence our actions. Once we have this may complain that things never work out for us, we have bad luck, or just don't have what it determined the cause of the destructive behavior, we can then take steps to prevent it from happening in the future.

**Why do we sabotage ourselves?**

****In my experience, I have seen a friend of mine, who became depressed due to his fundamental issues about his relationship and looked for immediate comfort and became addicted to alcohol, got involved in many minor accidents, and uncontrollable anger. As a result, his present life destroyed as he lost all that he could have had and also severely affected by an incurable long-term disease. In my opinion, he seems to be a good example for a self-destructive person, and I am sure if he is an average person today, he will be living his life with regrets.

**What's happening when we sabotage ourselves?**

Fear settles in your subconscious mind, and you always are drawn towards uncertainty and tend to think about the outcome suffer from fearful emotions. Someone has the desire to achieve something, and their fear of the outcome will not allow them If someone want to make a speech publically but that person will continuously image about the consequences in a negative way never in positivity. Positivity will give you fearless life and happiness, but the individuals who have sabotaged themselves are not in a position to have positive thoughts.

**But what's happening beneath the surface? Do they want to achieve public speaking?**

They say that they want to do it, but they cannot put it in action. For those people to take action, they need courage; they cannot bring the courage out and do not want to come out of the comfort zone due to negative thoughts. They think about other people's opinion more than their welfare; they have to wake up and say to themselves, I do not want to worry about other people or maybe this is my first failure and lets me do it. Remember success comes after failure, if you think about failure all the time you are going to fail, your thoughts will become real.