

CHRIS  LOCURTO

Self-Sabotaging *Assessment*



Life-changing habits to start your day better, being more productive and set yourself up for success

[DOWNLOAD NOW](#)

SELF-SABOTAGING ASSESSMENT

10 self-sabotage assessment questions that I want you to walk through with me.

1) How long have you been working on the same issues?

- Less than 1 year
- 1-3 years
- More than five years
- More than ten years

2) How often do you feel like you're projecting, pretending, being phony, or inauthentic?

- All the time
- Occasionally
- Rarely
- Never

3) How often do you catch yourself feeling inadequate, not good enough, unloved, or unworthy?

- All the time
- Occasionally
- Rarely
- Never

4) If you're asked to do something that you don't really want to, are you more likely to...

- Say no with a clear conscience
- Say no, but feel guilty about it
- Say yes, but don't follow through
- Say yes, but later regret it

5) How willing are you to reveal what you're truly convicted of, even if it runs contrary to the opinions of others?

- I always feel free to speak my convictions plainly
- I sometimes withdraw or withhold my convictions
- I often withdraw or withhold my convictions
- I almost never or never share my convictions

6) How often do you keep your word and uphold your promises - to yourself and to others?

- Most of the time
- About half the time
- Less than 25% of the time
- Less than 10% of the time

7) In your life right now, your current major focus is...

- Advancing your career, improving health, building wealth, or deepening relationships
- Making progress toward your goals over a reasonable period of time
- Managing strained relationships or "putting out fires" at work and at home
- Trying to avert or avoid immediate disaster in the area of your finances, relationships, health or career

8) After you've achieved a personal goal - your desired weight, paid off credit cards, organized your home or office, etc. - which of the following emotions are you more likely to experience?

- Motivated by your success and committed to keeping up the good work
- Relieved that you made it, but wary that you may slide back into old behaviors
- Entitled, because you deserve a reward for all your hard work!
- Resentful that you had to work so hard in the first place

9) How often do you catch yourself gossiping or complaining?

- Never
- Less than an hour a day
- More than an hour a day
- More than three hours in a day

10) Which of these statements would you use to describe your life?

- Most of the time, things work out fairly easily for me
- I have many talents and gifts, but I do not use them to their fullest potential
- I am overwhelmed by bad luck and find myself in one bad situation after another
- I have to work hard just to maintain the status quo and I can never get ahead