



## Jennifer Hadley's 6 Day Challenge to End My Self-Sabotage

### Day 2 Worksheet

Let's get real here.

What are the perceived "benefits" of choosing self-medication? See if you can list at least 5 things.

*Example: My benefit is that I get to de-stress.*

What is it that feels most **appealing** in the moment you're making the decision to self-medicate?

Is there a **justification** that you have for choosing self-medication?

Are you avoiding doing things that are more adventurous or emotionally demanding? What are you avoiding?

Do you ever have a sense that you're punishing yourself? For what?

What is your DAY 2 aha?

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How did this make a difference in your life?

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**Share the benefits of your aha's to inspire others!** Please add a post in our **Facebook group** ([facebook.com/groups/endmyselfsabotage](https://facebook.com/groups/endmyselfsabotage)) and let others know what you're discovering. Sharing helps spread the Love and release the pain so we all gain!

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