

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

Day 4 Worksheet

Routine

What is our personal self-medication **routine**? In order to have the greatest insight and healing, capture as much detail as you can about your choices in your personal self-medication routine. What are your preferences? What are you aware of knowing as you are self-medicating? Consider the following:

- ♥ Is there a usual time of day?
- ♥ Is a time of year or season more likely to find you self-medicating?
- ♥ Is there preparation for self-medicating?
- ♥ What is the justification for self-medicating?
- ♥ Is there a usual place?
- ♥ What are you wearing?
- ♥ Preferred method or combination of self-medication?
- ♥ What were you doing before?
- ♥ How are you feeling when you make the decision to self-medicate?
- ♥ What are you thinking while self-medicating?
- ♥ How possible does it seem to stop self-medicating?
- ♥ How are you feeling during self-medication?
- ♥ Are you consciously choosing to self-medicate?
- ♥ What's your objective for self-medicating?
- ♥ Is there harm that comes from self-medicating?
- ♥ Who is with you?
- ♥ What causes you to stop self-medicating?
- ♥ What do you do after self-medicating?
- ♥ What do you do after self-medicating that you wouldn't normally do?
- ♥ What judgments do you hold against yourself about self-medicating?
- ♥ What is the story you tell yourself about self-medicating?

Write as much as you can on each item – the more you can capture, the more healing you’ll have. Keep adding details over the next few days.

When you’re done – make a promise to yourself to let go of all self-judgment. We’ll do Self-Forgiveness as part of our Challenge. Writing this all out is a great act of self-Love and awakening awareness. Good for you!

What is your DAY 4 aha?

How did this make a difference in your life?

Share the benefits of your aha’s to inspire others! Please add a post in our **Facebook group** (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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