

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

Day 5 Worksheet

Interrupt

We can **interrupt** the pattern to stop the sabotage and to truly end self-medication by healing the ROOT CAUSE of self-medication. The best way I know to shift the energy AND bring some healing is to move into the energy of Love. Love is our healer. Remembering how much I Love someone, without attachment, is a powerful way to shift the energy into a higher vibration.

Here are some ways to interrupt the pattern and get off the pain train that have worked well for me:

1. Partner UP - Invoke the Higher Holy Spirit Self to lead and guide you - don't go it alone!
2. Drink a big glass of spring water - that always supports the body and that helps us to relax.
3. Take 10 deep breaths and think of what you're grateful for - this really shifts the energy of the pattern. It's a 180 degree turn in the opposite direction of fear.
4. Pray - listen to one of my prayers or make your own. The simplest prayer is: I AM willing to see this correctly.
5. Get out in nature - take a 5-minute walk around the block. That walk can literally save you a year of cleaning up the mess you might THINK you make in a meltdown. Lie on the ground. Hug a tree.
6. Cultivate the willingness to break the pattern forever by seeing it differently.
7. Look for the story - the deception you're telling yourself - look for your opinions and judgments - when you believe them to be true you'll always feel off-balance and uneasy. Be willing to drop the story by saying "I am SO willing to drop this story. I give it to you Spirit! Please take it out of my mind so I never think it again! Thank you!"
8. If the ego says you can't break the pattern, tell it the Truth - You ARE breaking the pattern, and you're giving the heavy lifting to the Higher Holy Spirit Self.

Here are some other kinds of ways I interrupted the patterns:

In order to not automatically start watching television, I put my television in the closet so I would only take it out on special occasions. (This was before flat screens)

When it was less of an issue for me, I simply covered the TV with a beautiful cloth. I kept the remote in a place that was a bit hard to reach. This way I had to go through the process of getting the remote, and removing the cloth covering before I could start watching.

Believe me, those simple things, would shift my energy and keep me from self-medicating.

What can you do to interrupt the patterns and shift the energy so you either don't get on the pain train or you decide to get off right away? Write down as many things as you can think of and add more as they occur to you!

Then, decide whether or not you're willing.

If you're willing to try these things, they could be the catalyst for your liberation! Let's go for it together. What are the interruptions that you know are precursors of healing? Let's share and learn from each other!

What is your DAY 5 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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