

KNOW YOUR INNER CRITICS. RECLAIM YOUR CLARITY.

 Positive Intelligence®

How to Stop Self-Sabotage



Meet the Judge, the Master Saboteur



The Judge is the universal Saboteur that afflicts everyone. It is the one that beats you up over mistakes and fixates on what's wrong.

The Judge works with Accomplice Saboteurs to hijack your mind. Do any of these seem familiar?

The Accomplice Saboteurs



Avoider Saboteur
Focuses on the positive and avoids the unpleasant.



Controller Saboteur
Anxiety-based need to control everything.



Hyper-Vigilant Saboteur
Continuous anxiety about what could go wrong.



Pleaser Saboteur
Tries to gain acceptance by pleasing others.



Victim Saboteur
An extreme focus on internal feelings.



Restless Saboteur
Constantly searching for busyness.



Stickler Saboteur
Perfectionism taken too far.



Hyper-Rational Saboteur
Exclusive focus on rational processing.



Hyper-Achiever Saboteur
Dependent on achievement for validation.

Aren't They Good for Me?

Negative emotions are only helpful for a quick second to alert you. After that, they sabotage your performance, relationships, and wellbeing.

Build Mental Fitness to Stop Self-Sabotage

The PQ Program for mental fitness helps you gain control over your Saboteurs. In just seven weeks, you'll strengthen critical mental muscles and develop powerful habits for a more positive mind.

Take the free Saboteur Assessment to get started: www.positiveintelligence.com/saboteurs

PQ SABOTEUR CHEAT SHEET

The Judge

- *Nothing is ever good enough*
- *Self-critical, critical of others*
- *Source of guilt, frustration, and stress*

Controller

- *Pushy, intense, needs control*
- *Struggles with delegation and trust*
- *Creates tension and burnout*

Hyper-Achiever

- *Self-worth tied to success*
- *Image-driven, overworks*
- *Avoids vulnerability, burns out*

Pleaser

- *Seeks validation, avoids conflict*
- *Prioritises others at own expense*
- *Leads to resentment and lost identity*

Avoider

- *Escapes discomfort, delays decisions*
- *Says yes to keep peace*
- *Builds silent stress and inaction*

Stickler

- *Perfectionist, rigid standards*
- *Frustrated when others fall short*
- *Drains creativity and flexibility*

Victim

- *Emotional, moody, self-pitying*
- *Craves attention through suffering*
- *Avoids responsibility and action*

Restless

- *Distracted, craves stimulation*
- *FOMO and multitasking trap*
- *Avoids depth and sustained progress*

Hyper-Rational

- *Over-analyzes, dismisses emotions*
- *Connects intellectually, not emotionally*
- *Struggles with empathy and trust*

Hyper-Vigilant

- *Constantly anxious, worst-case focus*
- *Seeks control through worry*
- *Exhausts self and others*

Tip: You likely have 2-3 dominant Saboteurs. Awareness is the first step to disarming them.

Next Step:

👉 Step 1 > Take the free 5-minutes [Saboteur Assessment](#).

NB: Pls select "Yes" to the question "Were you referred by a coach?"

It's revealing, insightful, and usually sparks some big "aha" moments around the mental patterns that may be quietly holding you back.

👉 Step 2 > Let's decode your top Saboteurs on a complimentary [Saboteur Discovery Session](#).

👉 Step 3 > [Activate Your Performance Engine](#)

