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The Doorway of Self-Sabotage

If you've felt self-sabotage
creeping in lately... pause.

Ask it what it's trying to say.
That might be the beginning
of your next chapter.



Michael Cucchiara



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I ask myself:

*“What is this trying to teach
me?”*

*“What is it trying to
protect me from?”*



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That's when I pause. I
breathe. And I talk to that
part of myself, the critical
one, the saboteur, in a
compassionate voice.



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Not like it's broken. Not like I
need to force it away. But like
it's a younger version of me
that once thought the only
way to survive was to stay
small.



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And when you meet those
parts with curiosity and
kindness, something shifts.
The grip loosens. The fear
softens.



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🧩 Want more tools like this?

Check out the rest of the resources under “When You’re Feeling Curious”

💡 Want to work with me?

We can follow the trail together, like The Sniffer, noticing fears, reflecting, and finding clarity along the way.

All the details → Work With Me

Stay curious. Stay compassionate.

Keep choosing yourself ❤️

Michael Cucchiara