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# Overcoming Self-Sabotage using the Congruence Method



# Agenda

- 1 Expressions of self-sabotage
- 2 It's not you, it's your wiring
- 3 Patterns are made to be broken
- 4 Congruence Method
- 5 How and why it works
- 6 The best way to go deeper/Q&A



# You let it slip right through your fingers...AGAIN



## Sabotaged Opportunities

You are prepping for the crucial interview, the once-in-a-lifetime experience, or just got the offer for a game-changing chance...And you forget to set the alarm, come unprepared even though you had time, or miss deadlines and fail to follow through.

## Sabotaged Relationships

You know better than to say that one thing, yet you say it anyway creating an unnecessary argument. You know this one behavior will blow up the stability you crave, yet you engage anyway.

## Abandoned Dreams

You talk yourself out of pursuing your dreams with a legacy of justifications that make it seem impossible before you've even begun.





**What SPECIFICALLY would be different about your life if you were free of this kind of self-sabotage?**

# It's not you, it's your wiring



The gap between the conscious desires and subconscious pattern orientation is the place self-sabotage lives.

Subconscious patterns govern behavior. They are not changed from the conscious thought-level. They are changed from repetition of quality practices.



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# Patterns are made to be broken



To break a pattern and narrow the gap between desires and behaviors you must follow some simple steps.

These will make the difference between you repeating the same mistakes over and over, and you living the life you feel meant to live.



# The Congruence Method

There are SEVEN phases to this framework. The FIRST THREE unlock the whole process.



1

## WILLINGNESS

Your willingness for change is the first most important criteria. Willingness is NOT the same as desire. 75% or less willingness makes change very difficult.

2

## CURIOSITY

Both fear and curiosity create neuroplasticity learning for your subconscious patterns. Sabotage thrives on fear-based plasticity. Switch to curiosity and change the learning environment.

3

## IDENTIFICATION

Naming the sabotage pattern with curiosity from a place of high willingness gives your conscious mind and subconscious pattern their first aligned dialogue. This opens up neuroplasticity readiness for change.



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# How and why it works



If you want to optimize your gym workout, you make sure you rest the night before, hydrate and eat right.

If you want to optimize your capacity for change you, and supercharge a rewiring practice like neurosculpting, you create a preconditioned brain and nervous system with the first three steps of the Congruence Method.



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# First three phases in action

Choose one of your sabotage patterns and let's work it real time



## WILLINGNESS

Ask yourself:

If I had 30 days to change this pattern or else I'd never see my loved ones again, could I?

If YES now ask how willing you are to do the uncomfortable work. Assign a percentage.

## CURIOSITY

Name the fear or resistance pattern that's stopped you from making the change in the past.

Next, ask yourself what would be possible if that resistance wasn't there. What new outcome would you imagine?

## IDENTIFICATION

Name or identify the part of you that is most invested in holding on to the resistance, pattern or fear.

Ask what it gains by holding it.




# Phases 4 - 7



The remainder of the Congruence path are phases that:

- Target specific nervous system responses
- Outline intervention practices
- Create neuroplasticity windows
- Shift mental and physiological states
- Practice congruence scenarios
- Entrain new patterns
- Explore more aligned behaviors



A woman with long brown hair in a ponytail is sitting in a meditative pose on a rocky mountain peak. She is wearing a grey tank top and dark pants. Her head is tilted slightly to the right, and her eyes are closed. A glowing blue brain with white stars is visible on the top of her head. A vertical line of glowing blue stars runs down her back. The background is a misty mountain landscape at sunset or sunrise, with soft light and blue tones. The sky is filled with wispy clouds. The overall mood is serene and spiritual.

**Together, we'll go deeply into all  
seven phases of the Congruence  
path.**

**Congruence Retreat  
July 29 - Aug 2  
Loveland, CO**

**[www.neurosculpting.com/congruence](http://www.neurosculpting.com/congruence)**



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# Q&A

Email [info@neurosculpting.com](mailto:info@neurosculpting.com) with any questions



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