

# SELF SABOTAGE NO MORE by Jennie Potter

## Excerpt

When I was about 12 years old, my father took me on a two-night overnight stay in Mexico. He was a commercial pilot for one of the big airlines and treated me to the trip. The airplane we were on was a typical commercial jet. To make things even more exciting, I got to sit in the cockpit.

It was an uneventful flight and so much fun just sitting in the jump seat staring at the big blue sky and beautiful clouds. It came time for us to begin our approach. Suddenly, an alarm went off, along with a computerized female voice I will never forget:

**“Pull up, pull up. Terrain ahead, terrain ahead.”**

My dad spoke to me calmly but firmly: “JJ, do NOT speak.”

I sat there, quiet as a mouse. I was at that age where I believed in my dad so completely, that I wasn’t really scared. He was larger than life and could fix anything. But still, the alarm would not turn off.

**“PULL UP, PULL UP. TERRAIN AHEAD, TERRAIN AHEAD.”**

As I peered out the window of the cockpit at miles of empty sky before us, it was clear there was nothing ahead—but the plane was on autopilot—it was a glitch, a malfunction—and they could not shut off the alarm.

Suddenly, my dad announced: “We are going manual!”

With that, he shut down the computer and he and his co-pilot flew the plane “old school,” which meant they had complete control of the aircraft without the computer. My dad had thousands of hours of experience on every kind of airplane you can think of. He did what we are going to talk about in the coming sections. He had to turn everything off and find another way.

The truth is that many of us have been flying on autopilot for a very long time. We’re in the same patterns, same setpoints, same thoughts, same flight path, same destination, same unprocessed emotions... in a way, it’s the same day, over and over. When we try and do something out of the routine our alarm goes off. It’s a malfunction. It’s a glitch. A false alarm.

But it goes off nevertheless, and we adhere. The usual program requires much less energy than the “detour” we want to take.

Frankly, the original destination was probably picked a long, long time ago by your 7-to-12-year-old-self, and you have been headed there ever since.

This includes:

- I’m not worthy of success
- I’m not smart enough
- I’ll never be happy

- I'll never fit in
- I'm not wanted
- I'm not special
- I better dim my light—when I shine, I hurt others
- Wanting money is bad
- I'll never be forgiven
- There's not enough time
- I'll never be organized
- I'm always late
- I'm destined for failure

And on and on.

As you dive into this book, you may notice that you have to reset the autopilot to a destination more desirable—one that your adult self has decided on. You may find you have to identify and release some of the unprocessed emotions you never dealt with.

You are going to have to delete those sabotaging beliefs that are constantly “auto-correcting” your direction. We will have a look at your setpoints, too. Are you stuck at a certain financial setpoint? Relationship setpoint? How's your “having it all” set point?

In the following sections, we will identify the hidden glitches, including unprocessed emotions, sabotage beliefs, and sabotage setpoints that might be holding you back and causing difficulties. We are going to shut it all down and manually bank right, moving with ease towards a new destination, a destination with intention, a destination of your choosing, a destination of your dreams.

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