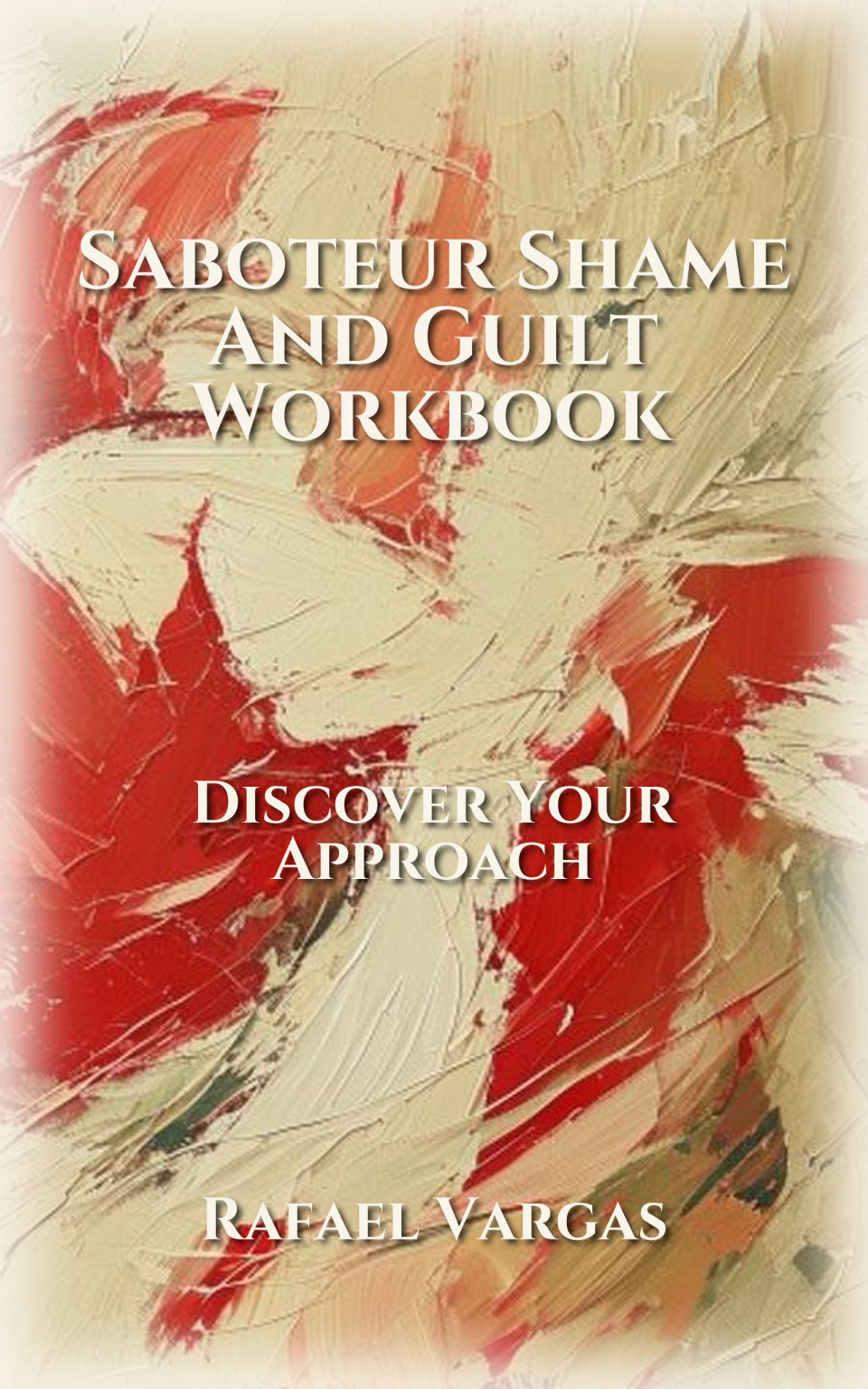


The background of the entire cover is an abstract painting. It features thick, expressive brushstrokes in a palette of deep red, terracotta, and beige. The strokes are layered and textured, creating a sense of movement and depth. The red strokes are more vibrant and appear to be layered over the more muted beige tones.

SABOTEUR SHAME AND GUILT WORKBOOK

DISCOVER YOUR
APPROACH

RAFAEL VARGAS

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CHAPTER 1

THE SABOTEUR OPENING: STIRRING YOUR WAY

The sudden shift in a group setting always feels like an ambush when your inner saboteur is fully operational, doesn't it? It's that moment, usually amidst genuine praise—a colleague nodding approvingly at your presentation, a friend genuinely complimenting the effort you put into something difficult—when the internal architecture begins to crumble. You feel a distinct, almost physical pressure behind the eyes, a tightening in the chest cavity that signals an imminent self-correction mechanism firing. Instead of accepting the positive affirmation as external data about your competence, something deeper kicks in: the need to immediately deflate it, to minimize its significance until it feels less threatening. Perhaps you find yourself interjecting with a dismissive wave of the hand, "Oh, it was nothing, honestly," or perhaps you pivot the conversation abruptly by asking an overly technical

question that derails the praise entirely. This isn't modesty; This feels like a highly sophisticated act of preemptive damage control orchestrated by the self-saboteur. You are actively working to reduce your own perceived value in real time because, at some foundational level, visibility feels synonymous with vulnerability. The achievement itself—the thing you worked so hard on, the skill you painstakingly acquired—becomes too large, too bright, and therefore, too dangerous to be acknowledged fully. It triggers a deep-seated alarm bell suggesting that any peak moment must inevitably lead to an equally catastrophic fall, and preemptively lowering your own perceived altitude feels like the only way to maintain some semblance of safety in the emotional ecosystem you inhabit. Recognizing this urge—this compulsive need to undercut your own success—is recognizing the protection system running on outdated programming.

Observing the pattern requires a level of unflinching honesty that often feels physically painful, like holding up a piece of stained glass under too much light. When praise washes over you, especially from someone whose acknowledgment you didn't anticipate—a mentor who never usually offers feedback, or a peer known for their

reserve suddenly offering effusive compliments—the response is disproportionate. It's not simple discomfort; it's an instantaneous flood of shame and guilt that feels utterly foreign to the compliment itself. You immediately start cataloging flaws: *They only said that because they felt obligated,* or *They are praising this specific aspect while completely ignoring the three areas where I failed.* This pattern repeats with startling consistency, acting like a deeply ingrained neural pathway you can't seem to override. The core feeling accompanying unexpected validation isn't gratitude; it is an overwhelming sense of inherent fraudulence. You feel fundamentally flawed beneath the surface sheen of accomplishment. It suggests that your genuine worthiness requires constant external scaffolding, and when someone offers praise without needing proof or justification, your internal monitoring system flags it as a potential trap. The self-sabotaging impulse kicks in to restore equilibrium by suggesting that the compliment must be based on a misunderstanding of who you actually are—a person fundamentally insufficient for such recognition. Seeing this cycle play out is recognizing the choreography of your deepest fear: that if someone sees your success, they will also see the inherent mistake beneath it.

Digging into the genesis of this particular flavor of shame and guilt invariably leads you to specific moments in childhood where emotional currency was exchanged for perceived safety. Consider those routines: perhaps after an unintentional outburst—a tantrum over a misplaced toy, or an argument that escalated beyond your immediate control—the ensuing silence wasn't merely quiet; it was glacial, thick with disappointment that felt directed solely at the messy edges of your being. You remember the meticulous way adults would pause after such moments, not to soothe, but to let the weight of the infraction settle over you until you absorbed the lesson: *This outburst cost me favor.* The emotional landscape taught you that deviation from expected composure, any display of unmanaged emotion or perceived error, resulted in a swift and profound withdrawal of warmth. That silence became the curriculum for self-regulation. You learned to monitor your internal state with suffocating diligence, becoming hyper-aware of the gap between what was acceptable and what felt like an uncontrollable overflow. Consequently, success—which inherently involves visibility and therefore potential misstep—becomes fraught with danger because it echoes those formative moments where imperfect expression led to emotional diminishment. The core wound isn't about

failure itself; it's about the terrifying certainty that your authentic self, when fully expressed or highly visible, will inevitably trigger that familiar, icy disappointment from someone you needed to approve of.

The cost of maintaining this internal vigilance—this constant state of bracing for emotional withdrawal—is accumulating in palpable ways in your adult life. Look at the sharp pang of inadequacy that hits you when observing another person operating with what appears to be effortless confidence; it's not envy, but a visceral recognition of an unlived possibility, a competence they seem to navigate without internal resistance. You find yourself mentally calculating how many minor missteps or moments of awkwardness would have been required for you to reach that level of ease. This self-sabotaging mechanism, built from the need to preemptively manage disappointment, now acts as a sophisticated governor on your own trajectory. Because being seen at full capacity felt too risky when you were younger, today's version of you subconsciously limits its output. You might accept roles slightly beneath your capability ceiling, or you might hesitate to advocate forcefully for resources that are genuinely necessary. This hesitation is the saboteur whispering warnings: *Don't get too good; don't become

too visible.* The pattern screams that any achievement beyond a certain threshold demands an unbearable level of self-surveillance, a performance where the greatest perceived threat isn't external failure, but the internal collapse triggered by the sheer weight of undeniable success. You are protecting yourself from the emotional fallout of being truly seen—the potential disappointment layered onto genuine accomplishment.

YOU'VE READ CHAPTER 1.

YOU ALREADY KNOW THIS ISN'T GENERIC
ADVICE. THIS IS YOUR MAP — BUILT
SPECIFICALLY FOR SABOTEUR ENERGY. THE
PATTERNS YOU JUST READ? THEY'RE YOURS.
NOT ANYONE ELSE'S. YOURS.

THE OTHER FIVE CHAPTERS ARE WHERE IT
GETS PRECISE.

CHAPTER 2 GIVES YOU PERMISSION TO STOP
FIGHTING YOUR OWN NATURE. CHAPTER 3
SHOWS YOU EXACTLY WHERE SABOTEUR
ENERGY CONSISTENTLY WINS IN SHAME AND
GUILT. CHAPTER 4 NAMES THE STAKES —
WHAT YOU LOSE WHEN YOU IGNORE THIS.
CHAPTER 5 IS YOUR FULL SHAME AND GUILT
PLAN, BROKEN INTO THE CYCLES THAT
ACTUALLY WORK FOR YOU. CHAPTER 6 IS
YOUR INTEGRATION — WHERE THIS BECOMES
IDENTITY, NOT STRATEGY.

MOST PEOPLE READ CHAPTER 1 AND THINK
THEY UNDERSTAND. THEY DON'T. THE
ARCHITECTURE ONLY REVEALS ITSELF IN
FULL.

SEARCH FOR "SABOTEUR SHAME AND GUILT
WORKBOOK" TO GET THE COMPLETE GUIDE.

ALSO BUILT FOR SABOTEUR: INNER CHILD
HEALING GUIDE FOR SABOTEUR.

THE SAME DEPTH. THE SAME PRECISION.
APPLIED TO A DIFFERENT ARENA OF YOUR
LIFE.

SEARCH FOR "INNER CHILD HEALING GUIDE
FOR SABOTEUR" TO FIND IT.

YOU WERE DRAWN TO THIS GUIDE FOR A
REASON.

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