

Name: _____

Date: _____

Are You Sabotaging Yourself? Protect Yourself From Yourself

C F S Y V V P H Q M N W O F D X O R H G L S H C
V D M W J J Z I Y E V E X N G I U D T K Z A R G
X S A D B F V D D B D D N S Q I C A T N F A B V
L N E B D I G N I T Y Z M I N I K M J Z Z I M V
Z U E L D O X J P Y C A H H M Q T A S C I Z E Z
P Y K E F F U Y U A O O R D S R V G U Q F W E W
F A T U Y R P Z Z Q O M N M E C E E F N D M T K
N V B P S E E K S J C E O F O S K D X A X L S E
Q U J N B G C G R T A O Z R I Q T I N S J H E K
D N F N I A I N A X C H C L A D E R Y U I U F S
O D A T K O P Z A R E U A Y C L E S O E P F L G
A O I X O R E K C R D S R N B R E N B Y Q C E P
E U T W X I T U I V U Z F T E F S K C G M E S K
T I H Z Q A A Q K K L S H F S T E D M E B Z J C
M E I S K P T F U C I U S S H B A N W F A Y M L
N V N P Z M I T T S E Q J A V P O E I O Z W Y K
G T O O R I C I Z Q L R O Y F C O B R J Y I U U
A H N I S R A H N L I M W Z C L T C Y H C T D H
E G E L T B P Y G Y N K N I Y C E T P J T X N S
N U S U U K A K H L Q Z J N M K C S T H R B G W
O G E D S E C M Y M T S E L F R E S P E C T R K
G A L Z B B N S Q K D Y A B R E J B R Z I Y O O
G B F O I G I C R I P P L E M Y H T B A K H P E
T B Z A L X E K M W I H R N E W N F M Z K W S X

faith in oneself
self-regard
threaten
destroy
spoil

self-assurance
self-esteem
obstruct
morale
wreck

self-respect:
confidence
dignity
impair
ruin

incapacitate
undermine
cripple
damage