

Have you ever wondered if you are sabotaging your professional career?

Self-sabotage is constituted by thoughts, feelings and actions that the professional performs as a defense mechanism against certain forms of disappointment or failure, becoming one of the main factors that hinders the professional growth of employees.

Specialists mention that there is no greater way to sabotage a professional career than leaving aside the human sense and start governing with authoritarianism. In the past, the use of the phrase "because I say so" was accompanied by positive results, now, a team effort is required that is developed under a good work environment in which a high degree of productivity is promoted.

Other mistakes that professionals make are committing actions that go against organizational and company roles, or not encouraging social relationships within their area of work, by thinking that people will have an image of being interested [Business Mentor Melbourne](#).

If you do not identify with these attitudes of sabotage, how can you know if you impede your success? Here are some points that will help you identify it:

- You leave things half-hearted: Do not conclude a professional goal, it reveals that the person does not know how to receive results and face consequences.
- Postpone goals: The mechanism of protection against final results and the fear of suffering an occupational failure gives rise to this type of behavior.
- Being a perfectionist: If you delay a lot in the delivery of work, you look for details and use excuses such as "if it is not perfect, it is not done", you are part of one out of every two people who apply this practice in order to hinder their professional success.
- Making comparisons with others: More than half of the professionals resort to saying that other people do their job better than theirs because of the fear of taking risks.
- Use pretexts: One way to disguise the fear of failure, is to put arguments to avoid tasks.

On the other hand, companies can also be a factor that prevents the professional development of workers by performing the following actions:

- Promote employees without giving them a different activity.
- Not having the flexibility so that workers can develop as employees.
- When managers do not allow or offer the possibility of development of new leaders.
- Do not encourage the development of leadership within the organization because there are no support systems.

Similarly, other acts of self-sabotage may be the inability to listen and set limits, constantly worry, consider a victim or constantly criticize another.

Have you ever thought about how you react to challenges? Are you sabotaging your success?