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# Breaking the Cycle of Self-Sabotage: How to Overcome the “Golden Larva Syndrome”



By Manfred F. R. Kets de Vries | INSEAD

**A roadmap for identifying and overcoming the self-defeating habits that hold you back.**

Stephen’s career seemed to be on an upward trajectory when he landed a job at an elite financial services firm. However, after some initial victories, he began making poor decisions and jeopardising his own success. Fear of the unknown and negative thought patterns eventually led to a cycle of self-sabotage and underachievement.

People like Stephen exhibit classic “golden larva” traits; they possess the promise of a bright future but ultimately hinder their ability to thrive. A self-sabotaging individual is comparable to a caterpillar that never fulfills its potential and fails to transform into a butterfly.

One of the main reasons people like Stephen get stuck in life is an irrational fear of failure. Such individuals typically avoid taking risks or attempting anything if there is a possibility of falling short. This fear is often rooted in

# Selfsabotage Syndrome

**A Loxley**



## **Selfsabotage Syndrome:**

## Reviewing **Selfsabotage Syndrome**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Selfsabotage Syndrome**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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