

Self-Sabotage Recognition Checklist

Self-Sabotage Recognition Checklist - Catch These Patterns Early

Use during practice interviews to build awareness

- Did I apologize for lack of experience?
 - Did I stay vague to avoid being wrong?
 - Did I freeze while searching for the "perfect" answer?
 - Did I copy an architecture without explaining why?
 - Did I ask "Is that what you're looking for?" seeking validation?
 - Did I get defensive when challenged?
 - Did I fail to clarify requirements before proposing solutions?
 - Did I skip explaining my reasoning for key decisions?
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What to do instead

- ✓ State your reasoning clearly
- ✓ Make specific proposals with trade-offs
- ✓ Think out loud in structured steps
- ✓ Ask clarifying questions confidently
- ✓ Adapt gracefully when challenged