



Part X: Your own worst enemy

Ever feel like there's a part of you that's holding you back? A part of you that says negative things about yourself when you're frustrated? That's what's called Part X, or your own worst enemy.

Part X is the part of you intent on talking you out of being your best self and taking on new challenges. It keeps you in your comfort zone, a state in which you feel at ease because you're not being challenged. Some people also call this "self-sabotage."

The comfort zone is not as safe as it seems.

You may be thinking, "What's so bad about that?" Well, never exploring beyond your comfort zone may hold you back.. Taking risks is a huge part of learning and growing. Here's the thing about Part X: It'll always be there, but you can learn to take back your power from it. It doesn't have to determine your behaviors and actions. It's difficult, but you can do it.

What do you think are some characteristics of your Part X? In this next exercise, you'll express yourself and what you think your "Part X" looks like.

☆ Drawing Activity

Draw your own version of an emoji your Part X would use. Describe a piece of clothing your Part X would wear.

A large, empty rectangular box with a light blue border, intended for a drawing activity.

Now that you've thought through what your own worst enemy looks like, you'll have an idea of what happens when you see them again.