

Saboteurs and their Sage Underlying Strengths

Each Saboteur takes your greatest strength, and by overusing and abusing it, turns it into your greatest weakness.

In the table below, you'll see each Saboteur, along with its underlying Sage strength(s), and its associated Saboteur abuse. We want to reground ourselves in the appreciation of our underlying Sage strength and recognize that the Saboteur is a price we pay for overusing and abusing that strength. This is important in our individual work and it's also important in the work we do to build and maintain healthy relationships.



Saboteur	Sage Underlying Strength	Saboteur Abuse
Avoider	<ul style="list-style-type: none"> • Easy-going, even keeled temperament • Flexible and adaptable 	<ul style="list-style-type: none"> • Avoid difficult or unpleasant tasks and conflicts • Procrastinate
Controller	<ul style="list-style-type: none"> • Confident, action-oriented, decisive, willful, persistent 	<ul style="list-style-type: none"> • Need to confront and dominate • Can be confrontational and not open to influence
Hyper-Achiever	<ul style="list-style-type: none"> • Driven, pragmatic, goal-oriented, self-directed 	<ul style="list-style-type: none"> • Narrow focus on achievement to the detriment of relationships, balance, and perspective
Hyper-Rationale	<ul style="list-style-type: none"> • Capable of deep insight and understanding through objective analysis 	<ul style="list-style-type: none"> • Excessive reliance on the rational function in dealing with people and emotions • Hurt relationships by not being empathetic or considering emotions
Hyper-Vigilant	<ul style="list-style-type: none"> • Being vigilant • Sensitive and aware of true risks and dangers to self, others, and institutions 	<ul style="list-style-type: none"> • Too anxious and always expecting the worst • Worried about too many things rather than focused on the few that truly matter
Pleaser	<ul style="list-style-type: none"> • Empathic • Loving and giving 	<ul style="list-style-type: none"> • Constantly helping, pleasing, or rescuing others, hoping to be liked • Loses sight of own needs and becomes resentful as a result
Stickler	<ul style="list-style-type: none"> • High standards and detail-oriented • Able to bring organization and order into ambiguity and chaos 	<ul style="list-style-type: none"> • Perfectionism applied to too many things, causing anxiety and discouragement • Too self-critical and often disappointed with others
Restless	<ul style="list-style-type: none"> • High energy and vitality • Open, curious, spontaneous 	<ul style="list-style-type: none"> • Constant need for busyness, rarely at peace with current activity • Spread too thin, follow-through suffers
Victim	<ul style="list-style-type: none"> • Sensitive: feel own emotions deeply and clearly, including “difficult” emotions • Introspective: capable of deep and courageous introspection and self-discovery 	<ul style="list-style-type: none"> • Continuous focus on painful and deflating emotions • Temperamental as a way to gain attention and affection