

*Explore saboteurs' descriptions and notice the ones that speak to you. Remember, no one fits any Saboteur description completely. Look for the general patterns.*

*This has been adapted from*

<https://www.positiveintelligence.com/saboteurs/>



# Restless

Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.

## Characteristics

- Easily distracted and can get too scattered.
- Stays busy, juggling many different tasks and plans.
- Seeks excitement and variety, not comfort or safety.
- Bounces (escapes) from unpleasant feelings very quickly.
- Seeks constant new stimulation.

## Thoughts

- This isn't fulfilling.
- The next thing has got to be more exciting.
- These negative feelings suck.

- I must shift my attention to something exciting.
- Why can't anyone keep up with me?
- Worried that focus on any unpleasant feeling will grow and become overwhelming.

## Justification Lies

- Life is too short.
- It must be lived fully.
- I don't want to miss out.

## Impact on Self and Others

- Underneath the surface of fun and excitement of the Restless is an anxiety based escape from being present to this moment's full experience, which might include dealing with unpleasant things.
- The Restless avoids a real and lasting focus on the issues and relationships that truly matter.
- Others have a difficult time keeping up with the frenzy and chaos brought by the Restless and unable to build anything sustainable around it.

## Original Survival Function

- The Restless is a strategy to find constant new sources of excitement, pleasure, and self-nurturing. This could be associated with early life experiences with inadequate parental nurturing or painful circumstances. Restless indulgence not only provided substitute self-nurturing, but also an escape from having to deal with anxiety and pain.