

# Stop the Sabotage



**HERMAN "RAY"  
BARBER**



NEW YORK

# Stop the Sabotage

*Making and Maintaining Change During Difficult Times*

**HERMAN "RAY" BARBER**

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## Introduction

Articles and books on the topic of change are as ubiquitous as fast food restaurants on the urban landscape. Changes that involve altering our attitude, motivation, and actions can allow us to move into better employment opportunities, relationships and a higher quality of life. Articles and books on weight loss and increasing health related behavior loom at us everywhere from the grocery store checkout line to the home pages of bookseller's websites. Thus the appeal of change is widely apparent.

Whether we are looking to improve our attitude, coping skills, income, relationships or any other facet of our life, most of us are not attempting this change for the first time. We have tried and we have failed. Repeated failures make future changes more difficult, and lower our expectations of ourselves. Like the cycle of poverty, the cycle of failing at changing ourselves can be self-perpetuating and overwhelming to break.

*Stop the Sabotage* differs from most because it explores the primary reasons why people don't succeed with making and then maintaining personal change. Personal sabotages stop us and

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we often have little insight as to why we fail. If these sabotages aren't recognized and addressed, the content of much self-help information is the equivalent of putting perfume on without ever taking a bath. If you have a lot of good self-help information stored from years of personal research, the content of *Stop the Sabotage* may allow it to finally work for you. In many ways, the first chapters of *Stop the Sabotage* are analogous to taking a bath to rid you of layers of dirt in the form of personal sabotages.

*Stop the Sabotage* is for anyone that struggles with making and maintaining change. It is also for those who teach change principles that are inspirational, motivational, and spiritual but who have somehow lost their way in a sea of theoretical principles. Here you have a concrete and systematic process to guide you to achieve and then maintain your goals.

Use *Stop the Sabotage* as a workbook. One problem with the information age is that we can access too much information without being challenged to think critically and creatively. The purpose of *Stop the Sabotage* is to gain personal clarity. However, it is important to realize that this text was not written to focus on hypothetical situations with which others struggle. *Stop the Sabotage* isn't a novel or a biography. *Stop the Sabotage* is about and for you.

Clarity will come when you make sure you understand each point before moving on to the next. With each point, ask yourself how this relates to you. I cannot connect all of your dots; this is your job in your search for reason and understanding. It is necessary for you to make and to maintain change.

I have spent most of the past 30 years working with people served by non-profit and public human services. I also teach parenting skills as a volunteer in a homeless shelter. Thus, I have a frame of reference for people who really struggle without the

benefit of a decent income, health insurance or support networks. I take your feelings and your struggles very seriously and I don't have any vested interests in selling you fantasies and theories.

Let us now begin with eliminating those sabotages that have kept you from moving forward with life. This will be an adventure—a journey towards both knowing yourself better, realizing your strengths and removing any roadblocks to making and maintaining change.



## About the Author



Herman “Ray” Barber has worked in public mental health and child welfare for over three decades. He has taught college and continuing education courses in both psychology and social work.

Currently he teaches classes in social work ethics, cultural competence, and continuous quality improvement. Ray has presented at numerous national conferences on topics related to improving workforce development through the practice of continual organizational improvement.

As a Commissioner and Team Leader for the Council on Accreditation, he has traveled extensively throughout the country talking with the management, staff, and clients in many types of human service programs. He has found that working with diverse populations throughout the country has kept him grounded in understanding the multitude of problems faced during difficult times.

Ray is a Certified Personal Trainer and Conditioning Specialist and developed a website focusing on continual improvement in life ([www.knightsjourney.org](http://www.knightsjourney.org)) during 2002. His passion is helping others with maintaining personal change and making continual progress in life.

During 2010 he received his DTM (Distinguished Toastmaster) award. He has used the Toastmasters' program to continually improve his public speaking and leadership skills. His two most coveted awards came from services to individuals in need. While serving as a counselor for the U.S. Department of Veterans Affairs, the New River Chapter of Vietnam Veterans of America presented him with a service award. During 2010, Ray's name was added to the Wall of Honor for service to the Carpenter's Shelter in Alexandria, Virginia.

