

KAIDO KUBRI

BREAKING
THE
SELF-ABUSE CYCLE

HOW TO STOP SHRINKING, START LIVING,
AND COME BACK TO YOURSELF



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“Self-abuse is what happens when we consistently act against our inner truth — often with good intentions, fear, or loyalty to old patterns.

It is not dramatic or obvious.

**It is subtle, everyday self-harm: choosing safety instead of authenticity,
choosing acceptance instead of inner alignment,
choosing familiar pain instead of unfamiliar freedom.**

We do not do it because we are weak or broken.

**We do it because our unconscious ‘normal’ has been shaped by our past,
our conditioning, and our personality patterns.**

**True inner freedom begins when we understand *why* we self-abuse,
how we justify it, and *who* we become when we stop.”**



A Note From the Author

How This Book Was Created

This book was created through a collaboration between human experience and artificial intelligence.

The ideas, emotional patterns, frameworks, observations, and practical insights in this book are based on **over 25 years of real-life work done by Kaido Kubri with himself and thousands of other people through trainings, coaching sessions, workshops, conversations, relationships, teams, families, and organizations.**

Artificial intelligence was used as a tool to help organize, structure, reflect, connect, and articulate these deeper patterns into written form.

The technology helped shape the language - but the **lived experiences, emotional truths, observations, and human understanding behind this book come from real life.**

To be clear - this book is not intended to function as a clinical, psychiatric, psychological, medical, or therapeutic authority, nor as a substitute for professional mental health care, diagnosis, treatment, or medical advice.

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- build upon it in any way you feel creates more understanding, healing, and human connection

No permission is required.

The only request is simple - use it with honesty, humanity, and with good intentions towards yourself and towards others.

— Kaido Kubri
Estonia, 2026



FOREWORD

What if the person hurting you the most... is you?

This book reveals the **silent epidemic of self-abuse** — the subtle, well-intentioned ways we betray our truth, exhaust ourselves, silence our desires, and shrink our light.

We don't do it because we are broken.

We do it because we were trained to survive, to fit in, to please, to be “good.”

And because our personality patterns — D, I, S, and C — show us different versions of “normal” that quietly destroy us from within.

Through simple models, emotional actionable insights and highly practical suggestions this book helps you to:

- Recognize the exact ways your type self-abuses
- See the masks you wear and the inner voice that keeps you small
- Untangle the guilt, fear, and conditioning beneath your choices
- Break out of the unconscious loops that sabotage your happiness
- Reclaim your truth, your light, and the courage to live fully

This book is a guide, a mirror, a wake-up call, and an invitation.

This book invites you to stop hurting yourself and start honouring yourself.

To live as the person you truly are — no more hiding, no more shrinking and no more self-abuse.

How to read this book?

It is recommended, that you read this book intuitively, **jumping to the Chapter, that resonates with you the most.**

You don't need to worry, that you will miss anything - all important parts are repeated several times through different angles and view-points.

There will be Chapters, that you will fly through in minutes - and there will be Chapters, that will make you think, reflect and discuss for days, weeks and months - both ways are part of the journey for you to enjoy.



SELF-ABUSE TYPOLOGY TEST

Discover Your Primary Self-Abuse Pattern (based on DISC model)

Most people don't notice how they hurt themselves.
This test will help you identify *how* you self-abuse and *why* it feels normal to you.

Read each statement and rate how true it feels for you most of the time:

- 1 = Never true**
- 2 = Rarely true**
- 3 = Sometimes true**
- 4 = Often true**
- 5 = Always true**

Write your score next to each item.

SECTION D — The Pressure of Over-Strength

How you self-abuse through force, control, and over-responsibility.

1. I push myself even when my body or emotions clearly say “stop.”
2. I tend to handle everything alone, even when help is available.
3. Slowing down or resting makes me feel guilty or weak.
4. I judge myself for not being productive enough.
5. I stay in control so others don't see my vulnerability.
6. I take on more responsibility than is healthy for me.
7. When I feel emotional pain, I respond by pushing myself harder.

D Total: _____

SECTION I — The Avoidance of Discomfort

How you self-abuse by escaping truth and avoiding emotional depth.

8. When I feel discomfort, I distract myself quickly.
9. I avoid deep emotional conversations, even with myself.
10. I jump into new ideas or experiences to escape difficult feelings.
11. I hide sadness or fear behind humour or positivity.
12. I promise more than I can consistently follow through on.
13. Silence or stillness makes me uneasy.
14. I tell myself “It's fine” even when it isn't.

I Total: _____



SECTION S — The Disappearing Self

How you self-abuse by sacrificing yourself for peace, harmony, or others' needs.

- 15. I put others' needs first, even when it hurts me.
- 16. I avoid conflict by staying silent about my true feelings.
- 17. I feel guilty when I prioritise myself.
- 18. I agree to things I don't actually want to do.
- 19. I absorb other people's emotions and problems.
- 20. I stay in situations longer than I should to avoid upsetting anyone.
- 21. I feel responsible for keeping peace at home or work.

S Total: _____

SECTION C — The Perfection Punishment Loop

How you self-abuse through judgment, overthinking, and impossible standards.

- 22. I judge myself harshly for mistakes or imperfections.
- 23. I overthink decisions until I become stuck.
- 24. I replay past errors and feel shame or regret.
- 25. I feel anxious when I can't do something "properly."
- 26. I delay starting things because I fear doing them wrong.
- 27. I hold myself to standards I would never expect of others.
- 28. I feel I must earn the right to rest or relax.

C Total: _____

INTERPRETING YOUR SCORES

Your **highest total** is your **primary self-abuse style**.
Your second-highest total is your **secondary pattern**.

If D is highest — The Pressure Pattern

You self-abuse through force, pushing, over-strength, control, and self-demand.
You don't allow yourself softness, rest, or support.

If I is highest — The Escape Pattern

You self-abuse by avoiding truth, escaping discomfort, and staying on the surface instead of facing what hurts.

If S is highest — The Disappearance Pattern

You self-abuse by shrinking yourself, putting others first, and abandoning your own needs for harmony.

If C is highest — The Punishment Pattern

You self-abuse by overthinking, judging yourself harshly, and holding impossible standards.

What to Do Next

As you go through the book, you will find detailed explanations of your pattern from different angles, how it developed, and how to break free.
Enjoy the journey!

THIS ISN'T THE END. IT'S THE BEGINNING OF YOU.

You were never meant to live a life of silent self-betrayal.
You were meant for wholeness, connection, freedom,
and a love that begins with you.

Breaking the Self-Abuse Cycle is not just a book—
it's a return to your truth, your power,
and your inner authority.

You don't have to keep abandoning yourself
to be accepted, loved, or safe.

You don't have to earn your worth.

You only have to choose yourself—again and again—
until it becomes your new way of life.

**YOU ARE NOT BEHIND.
YOU ARE NOT TOO LATE.
YOU ARE JUST BEGINNING.**

This book is your guide, your mirror,
and your reminder that true freedom
is not found out there—it's found
when you come back to yourself.

Welcome home.