



SELF-DEFEATING ATTITUDES & BEHAVIOR

SELF-DEFEATING

- | | | |
|----------------------|---------------------------------|------------------------------|
| - Blaming others | - Making excuses | - Abusing substances |
| - Overeating | - Ignoring the truth | - Distrusting others |
| - Hating | - Being shy | - Not asking for help |
| - Acting inferior | - Being vengeful | - Always feeling guilty |
| - Losing temper | - Lying | - Acting dumb |
| - Being late | - Giving up without trying | - Over-generalizing |
| - Complaining | - Being argumentative | - Not giving your opinion |
| - Negative self-talk | - Avoiding responsibility | - Pretending you don't care |
| - Fighting | - Spreading rumors | - Pushing others to the edge |
| - Procrastination | - Never admitting you are wrong | - Being overly sensitive to |
| - Abusing others | - Comparing yourself to others | constructive criticism |

SELF-SUPPORTING

- | | |
|---|---|
| - Reaffirming accomplishments | - Rewarding yourself in healthy ways |
| - Routinely examining your circle of friends | - Creating and using support groups |
| - Realistic self-appraisal | - Adapting to change |
| - Surrounding yourself with quality people | - Being supportive and trusting of others |
| - Asking for help | - Using conflict to promote positive change |
| - Letting go of yesterday's baggage | - Taking care of mental, physical, and spiritual health |
| - Committing to overcoming fears and self doubt | - Being a participant as well as an observer |
| - Accepting responsibility for behavior | |

Select the three self-defeating attitudes and behaviors that challenge you the most and that you need to change.

- 1.
- 2.
- 3.

Select the three self-supporting attitudes and behaviors you want to further develop.

- 1.
- 2.
- 3.