

# COPING WITH SELF-DEFEATING BEHAVIOR



**Time Required:** 30-45 minutes

## **Principles:**

- Students will make decisions, set goals, and take necessary action to achieve goals.

## **Objectives (Students will...):**

- Develop coping skills to deal with academic pressure.
- Identify personal attributes and behavior that demonstrate professionalism and good work ethic.
- Use problem-solving and decision-making skill to make safe healthy choices.
- Evaluate the ability to balance school, studies, extracurricular activities and family life.

**GOAL: Students will become aware of some of their behaviors, which can prevent them from achieving.**

## **Activity Statements:**

Students will complete a self-defeating inventory and identify some personal behavior patterns and discuss the implications of their responses.

## **Materials:**

1. Handout 1 – “S-DBS Inventory” (Place in binder)
2. Handout 2 – “What are Self Defeating Behaviors” (Place in binder)
3. Pen/pencil

## **Procedures:**

1. Duplicate and distribute Handout 1. Have each student complete it and total their score.
2. Have them place the number of each behavior next to the personality characteristic at the bottom that they think it matches.
3. Distribute Handout 2. Ask each student to identify three behaviors to work on.
4. Put students in groups have them each share their self-defeating behavior with group members and brainstorm about ways to overcome each.
5. Have groups discuss how they could overcome their particular self defeating behaviors and replace with behaviors that will help them reach goals.
6. Use the remaining time to share response and on the discussion items below.
7. Collect their inventories and tell them that they will be used in the next advisory.

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## Discussion:

1. Which do you think is a bigger predictor of success, intelligence or attitude?
2. Who do you think that self-defeating behaviors are picked up from?
3. What are some self-defeating behavior patterns that can hurt your academic performance?
4. What are some self-defeating behaviors that you plan to stop and how do you plan to do this?

## Integrative Closing Statement:

The most important word in the expression "self-defeating behaviors" is "self." *You* can determine the course *your* education will take. Others can and should be an important influence; but the decisions we make by ourselves will, in the end, be the deciding factor.

## Additional Resources:

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**Extension Activities:** Identify three behaviors from Handout 2 this coming week that you notice are stopping you from obtaining your goals. Share the list with family and friends and seek help in identifying your problem behaviors, if needed. Also, identify someone that will hold you accountable for change to prepare for work you will do in class next week. Review the above websites and/or read Wayne Dyer's book to get more ideas on how to overcome self defeating behaviors.

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