

# COPING WITH SELF-DEFEATING BEHAVIOR



**Time Required:** 30-45 minutes

## **Principles:**

- Students will understand safety and survival skills and apply coping strategies.

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

- Demonstrate positive coping skills for managing life's events.
- Identify and use positive techniques for managing stress and conflict.

**GOAL: Students will examine the consequences of self-defeating behaviors**

## **Activity Statements:**

Students will identify goals and steps to overcome self-defeating behaviors.

## **Materials:**

1. Handout 1 -- *"What is a Self-Defeating Behavior?"* (Place in binder)
2. Handout 2 -- *"Goal Setting Worksheet"* (Place in binder)
3. Pen/pencil

## **Procedures:**

1. Distribute the handouts.
2. Have students read the descriptions of self-defeating behaviors on Handout 1 and ask them to choose one they would like to change.
3. Have students select a partner to brainstorm ways to behave differently to achieve goals.
4. Have each student to complete a goal sheet that addresses the behavior he/she needs to change.

## **Discussion:**

1. What are some of your behaviors that you need to change?
2. Why is important to revisit the goal sheet regularly?
3. What would you suggest to a student who seems to be unable to change a pattern of behavior?
4. What is wrong with simply saying, "Well that's just how I am? Don't expect me to change."

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## **Integrative Closing Statement:**

Each of us has difficulties with some aspects of work or school. High achievers recognize that they have weaknesses too. The difference is they work on them or compensate for them. The goal sheet that you completed during this session is just a tool. You will need to revisit this goal sheet and monitor your progress to make this tool work for you.

## **Additional Resources:**

[Get Out of Your Own Way: Overcoming Self-Defeating Behavior](#) / Mark Goulston, Philip Goldberg

**Extension Activities:** Continue to note behaviors that are getting in your ways of achieving your goals. Hold yourself accountable for new behaviors you chose in Handout 2.

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