

Part 1

What is self defeating behavior? It is any behavior that gets in our way of achieving a goal. It is what we do things that are not in our best interests even though common sense, our friends, teachers or families warn us of negative consequences. Below are examples of self defeating behaviors and thoughts. Which ones fit you? Select your three worst enemies and complete chart below.

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| <ul style="list-style-type: none"> • Inferiority feelings • Procrastination • Fear of failure • Fear of groups • Difficulty in decision making • Underachievement • Racial prejudice • Social prejudice • Perfectionism • Dependency • Lack of motivation • Withdrawal • Excessive overweight • Compulsive behavior • Lying • Overeating • Boredom (as an attitude) • Feelings of hatred • Alcoholism • Drug abuse • Excessive worry • Feelings of meaninglessness • Psychosomatic illness • Depressions • Stuttering • Feelings of loneliness • Fear of the unknown • Fear of hurting others • Inability to concentrate • Folding up under pressure | <ul style="list-style-type: none"> • Defensiveness • Fear of stating one's point of view • Negative attitude • Fear of expressing deep feelings • Inability to say "no" • Authority problems • Disorganization • Never on time • Waste time • Poor Planning • Forgetfulness • Fear of being oneself • Unrealistic expectations of self and others • Fear of intimacy • Fear of commitment • Fear of rejection • Extreme nervousness • Fear of taking a test • Fear of death • Excessive daydreaming • People pleasing • Fear of success • Excessive guilt • Unrealistic mistrust • Unrealistic fear or paranoid behavior • Losing temper • Alienation of others |
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Resource: <http://spoolman.com/sdaeop4/selfdefeatingbehavior.html>

Self-Defeating Behavior	New Goal Driven Behavior	How I will make it happen

(Place in binder)