

 **SELF-DEFEATING BEHAVIORS ACTIVITY**

Review the list of thinking traps below. Which are most prevalent in your life? Choose one thinking trap each week to master. Ask others what thinking traps they hear or see in you that hijack your personal best.

1. Life must be fair; good always triumphs.

This thinking emphasizes justice, limits problem-solving and hijacks you when situations offer something less.

2. Things should be easy and go my way.

Life and situations will not always conform and adjust. Sometimes, to get along, go along. Waiting for opportunities or looking for the easy way usually costs too much in terms of time and energy.

3. Mistakes and failures are terrible things.

A life without setbacks lacks adventure. Failures are learning experiences. The person who succeeds one-hundred percent of the time is not performing anywhere near potential.

4. It is other people and situations that are responsible for my performance.

This allows too much power where it should not be. A victim mentality will never achieve like an empowered one that accepts pride and responsibility.

5. Value as a person is based on my achievement.

By not allowing any room for error, there is no forgiveness. Personal value is based on character. Self-worth and esteem are not predicated on achievement.

6. Mistreatment needs to be responded to in-kind.

Holding a grudge or focusing on revenge traps the mind in the past. Forgiveness enables tomorrow's action.

7. Everyone should like me and see things my way.

They will not. Popularity is a poor gauge for performance and personal satisfaction.

8. The time to win is now.

Actually, timing and achievement come after planning and preparation.

9. Other people made me the way I am.

Feelings, thoughts and actions are personal. Blaming the past or outside factors provides a crutch that limits effort.

10. The right breaks just have not come my way.

The intelligent use of your emotions fuels opportunity.

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