

SELF TALK PITFALLS THAT CONTRIBUTE TO GENERAL SELF SABOTAGING BEHAVIORS



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CLICK HERE TO LEARN ABOUT OTHER CONTRIBUTORS TO BEHAVIOR

CLICK HERE TO LEARN ABOUT CATEGORIES OF SELF SABOTAGING BEHAVIOR

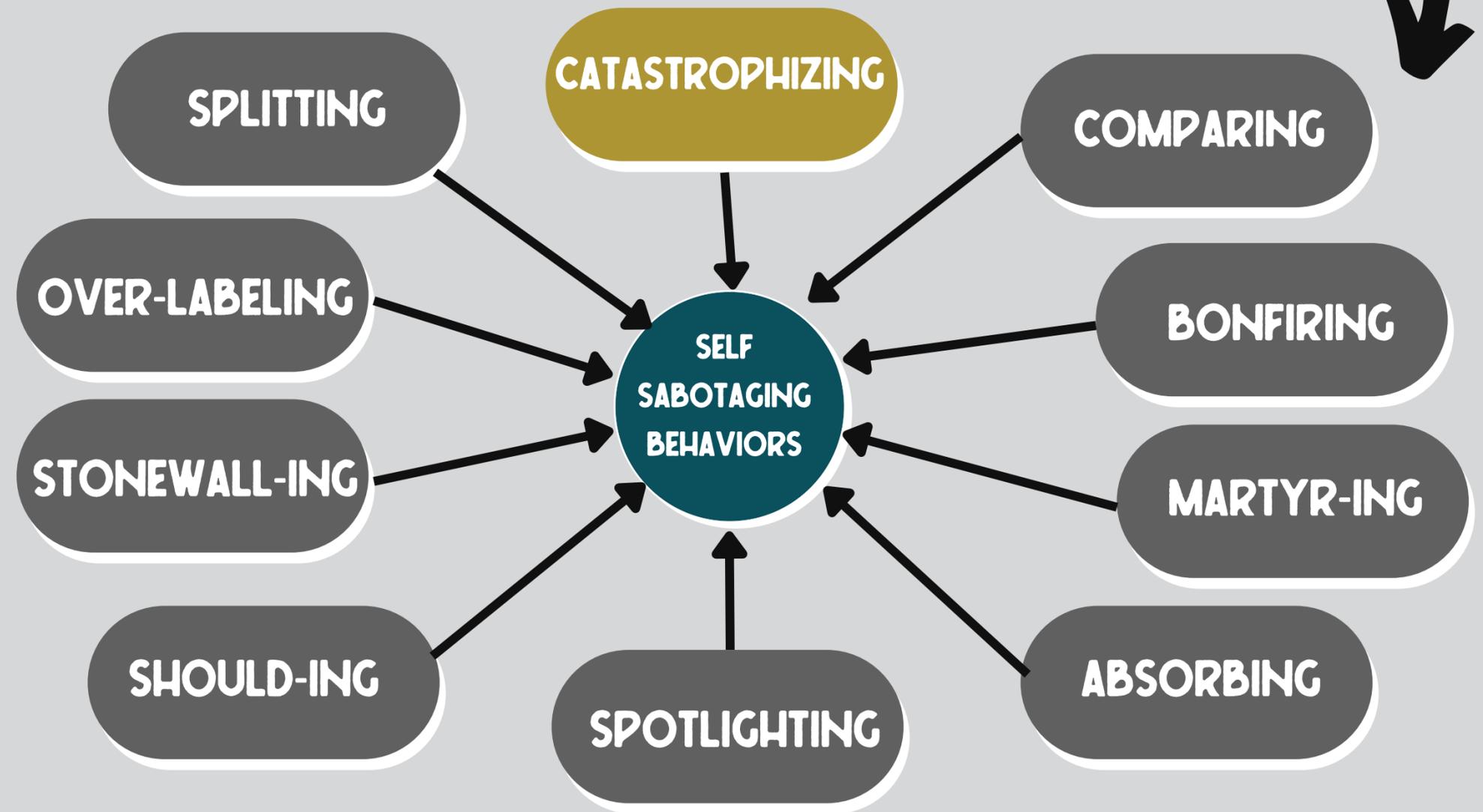
CATASTROPHIZING:

EXPECTING THE WORST IN A CURRENT SITUATION OR IMAGINING A CATASTROPHE OUT OF A FUTURE SITUATION

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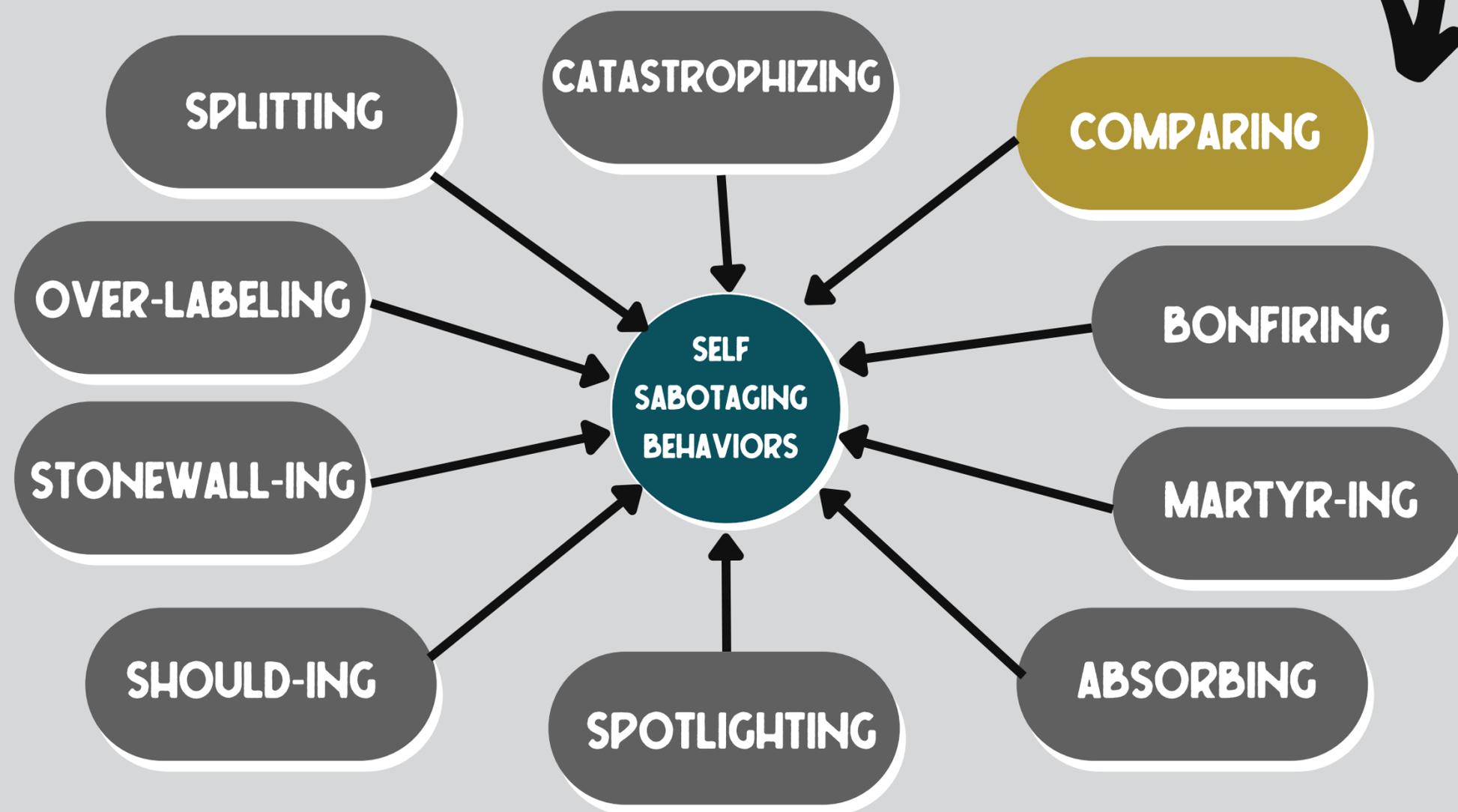
COMPARING:

UNFAIRLY PLACING OTHERS' POSITIVE QUALITIES / ACCOMPLISHMENTS/ SITUATIONS SIDE BY SIDE TO YOUR STRUGGLES/ SITUATION

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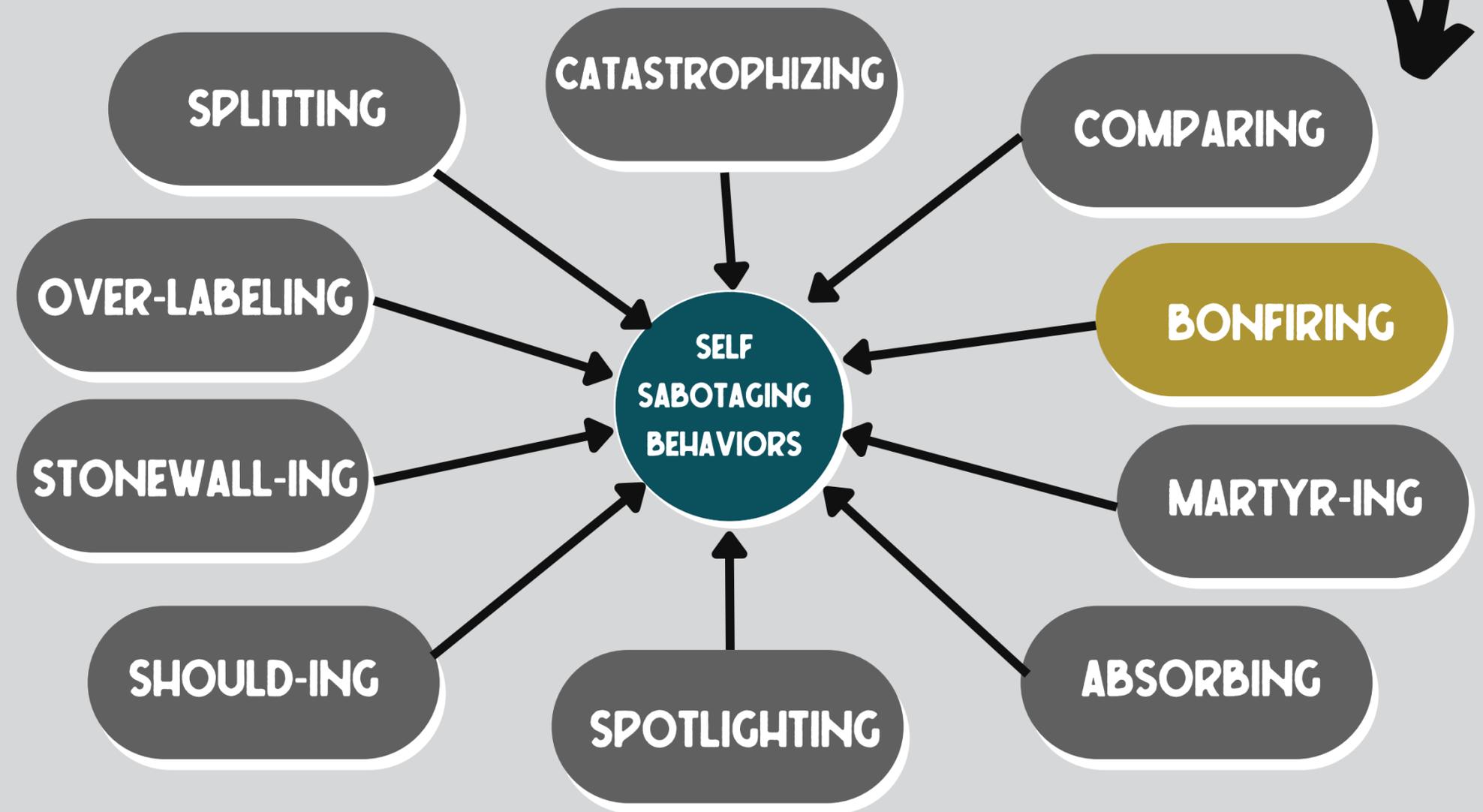
BONFIRING:

VIEWING A NEGATIVE EXPERIENCE OR COMMENT AS MORE FUEL TO THROW ON YOUR GROWING FIRE (SELF FULFILLING PROPHECY)

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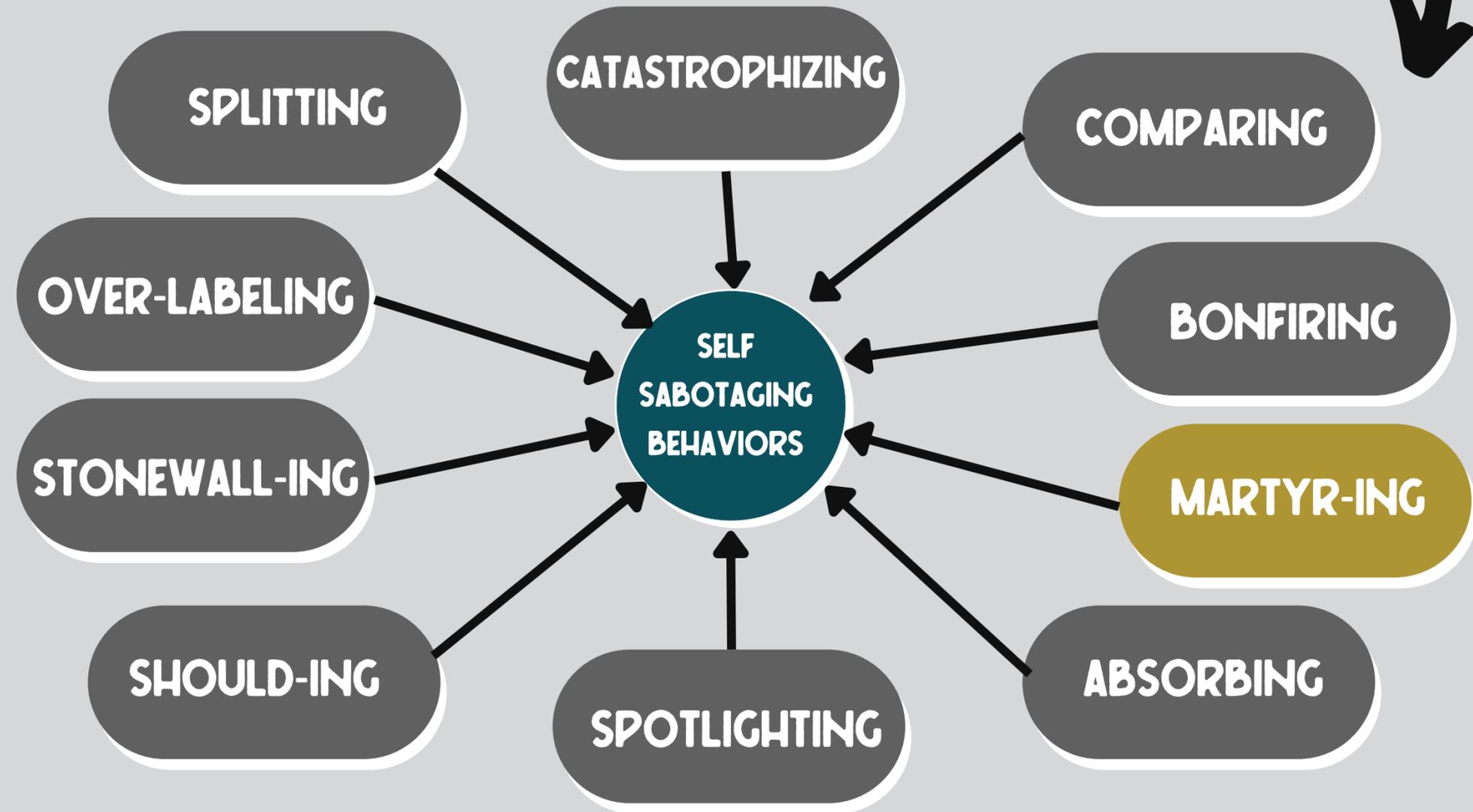
MARTYR-ING:

LOOKING STRICTLY AT YOUR SURROUNDINGS AND OTHERS FOR REASONS, WHILE OVERLOOKING WHAT YOU MAY HAVE SOME CONTROL OVER

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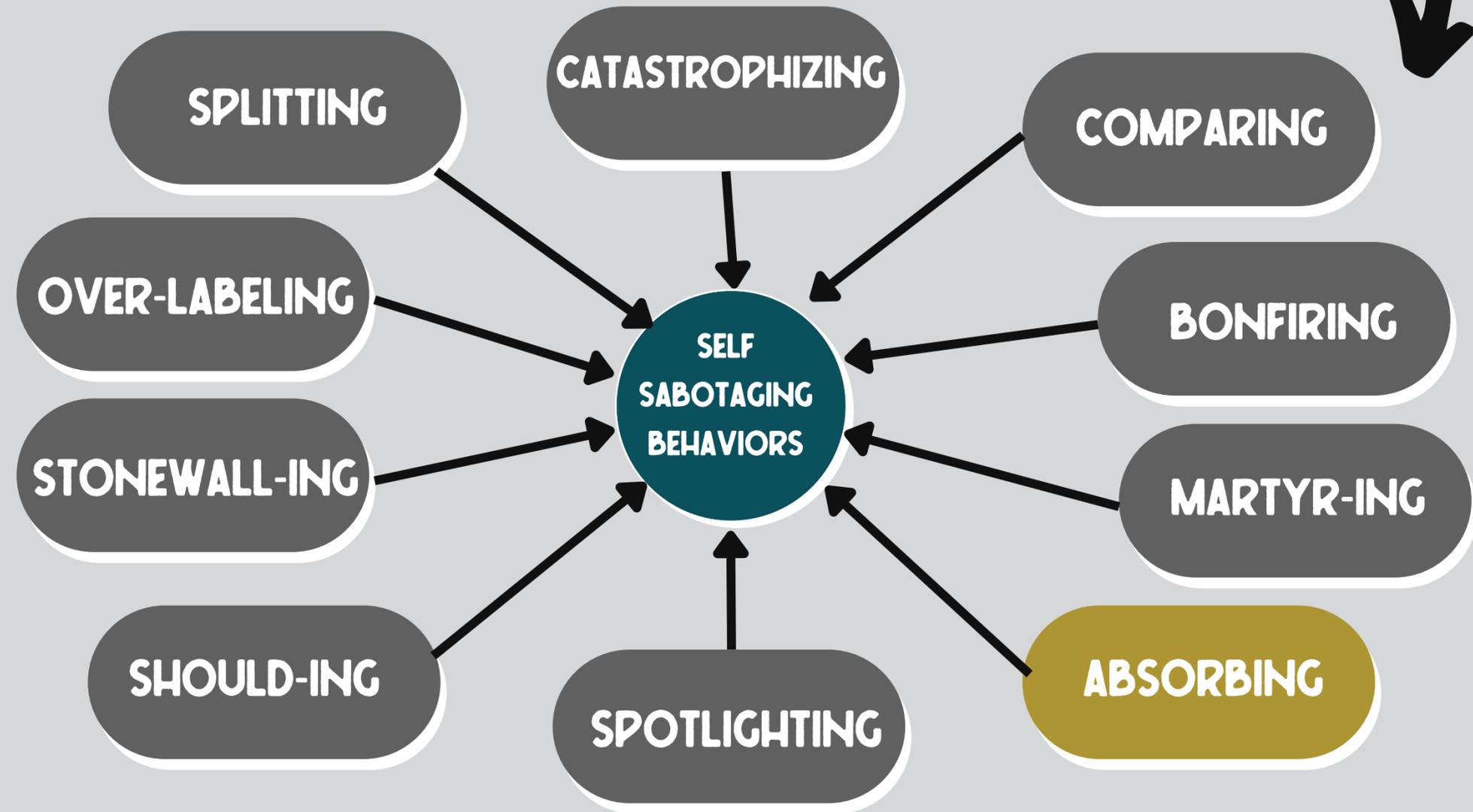
ABSORB-ING:

**BLAMING YOURSELF FOR
OTHER'S CHOICES OR
FOR SITUATIONS YOU'RE
NOT ENTIRELY
RESPONSIBLE FOR**

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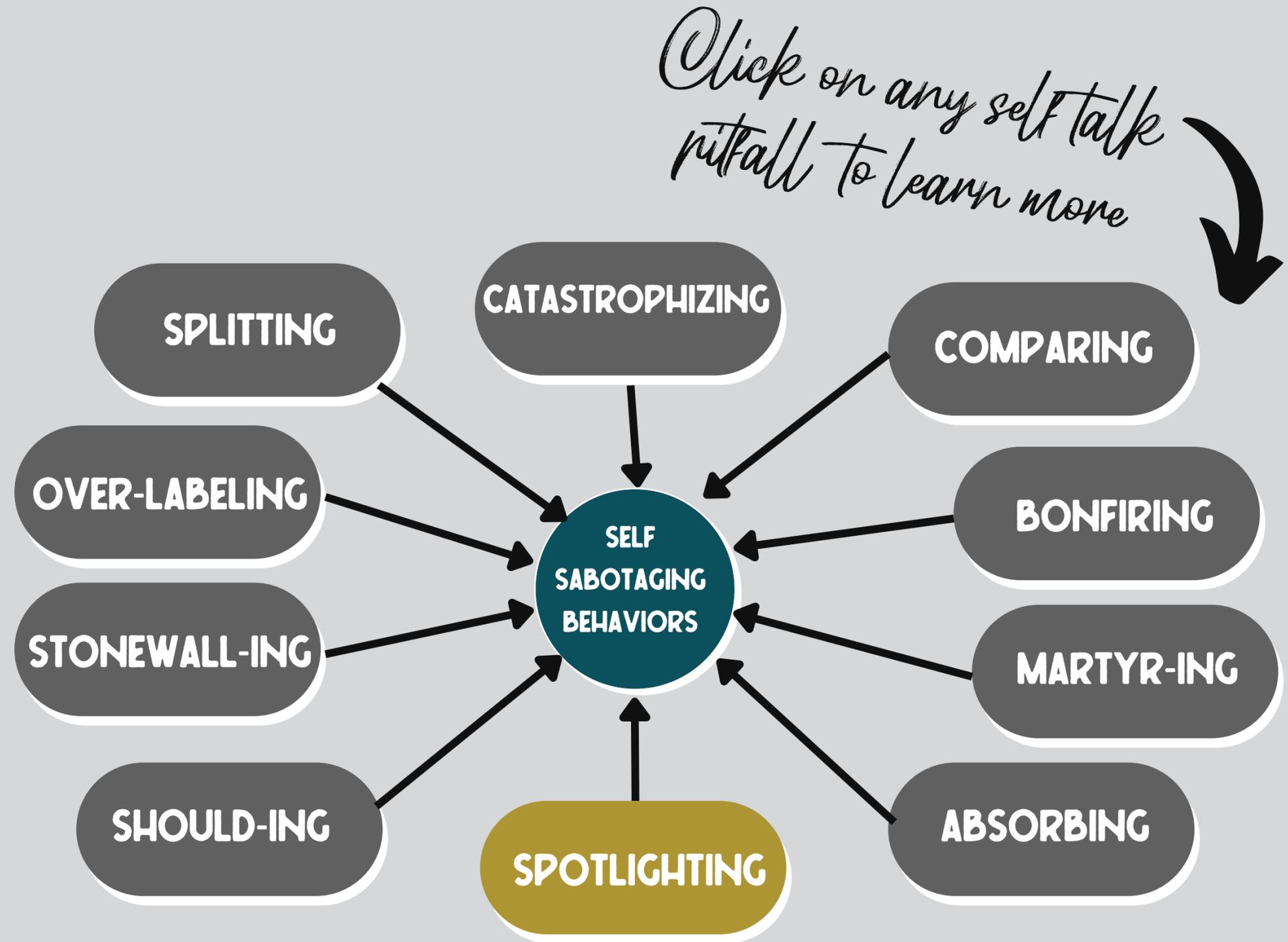


SPOTLIGHT-ING:

**FREQUENTLY THINKING
THAT OTHERS ARE
LOOKING AT YOU AND
JUDGING YOU**

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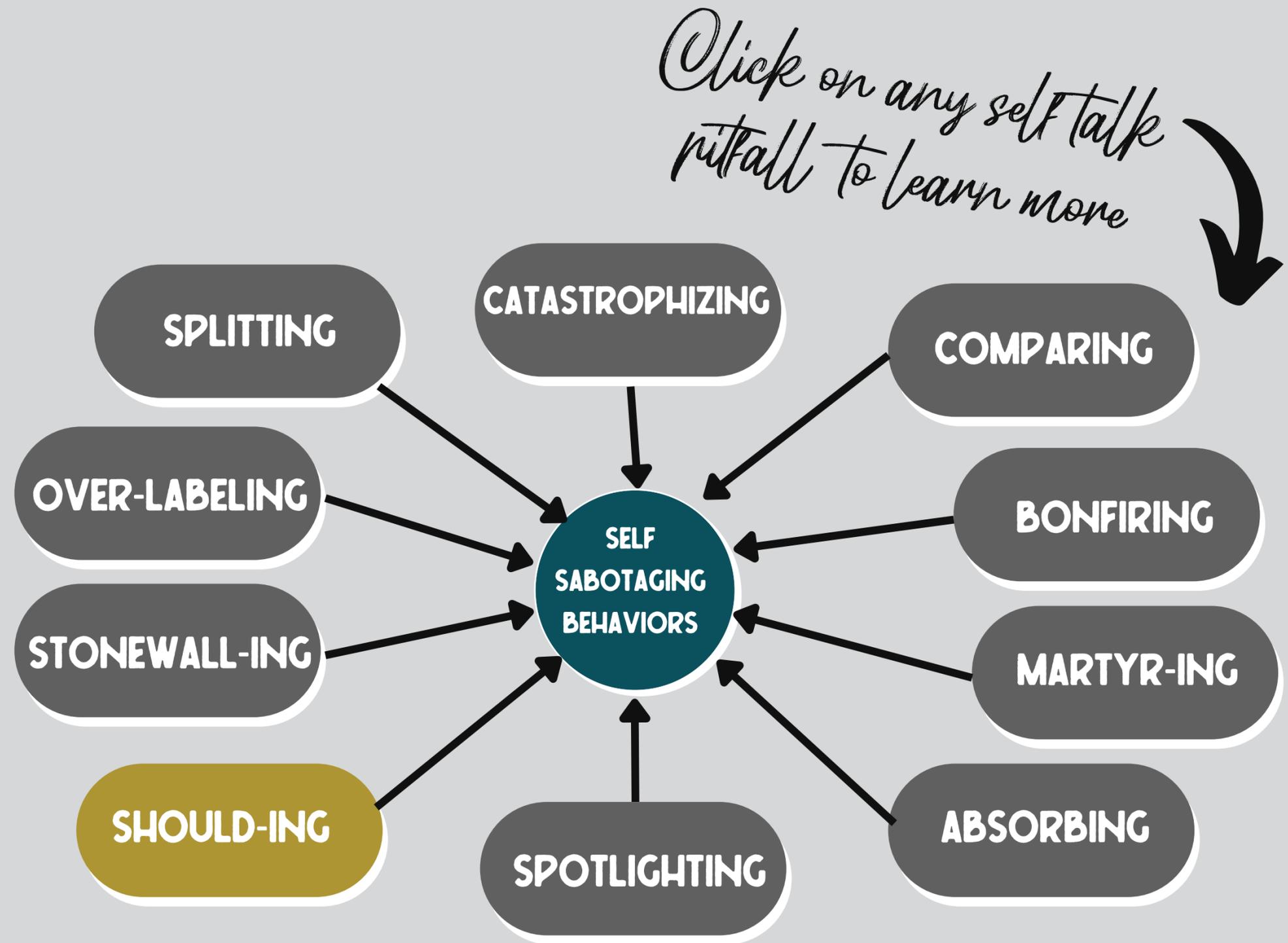


SHOULD-ING:
MENTALLY BEATING
YOURSELF AND OTHER'S
UP OVER THE "SHOULD'S"
AND "SHOULDN'TS"
YOU'VE DRAFTED IN YOUR
BOOK OF LIFE

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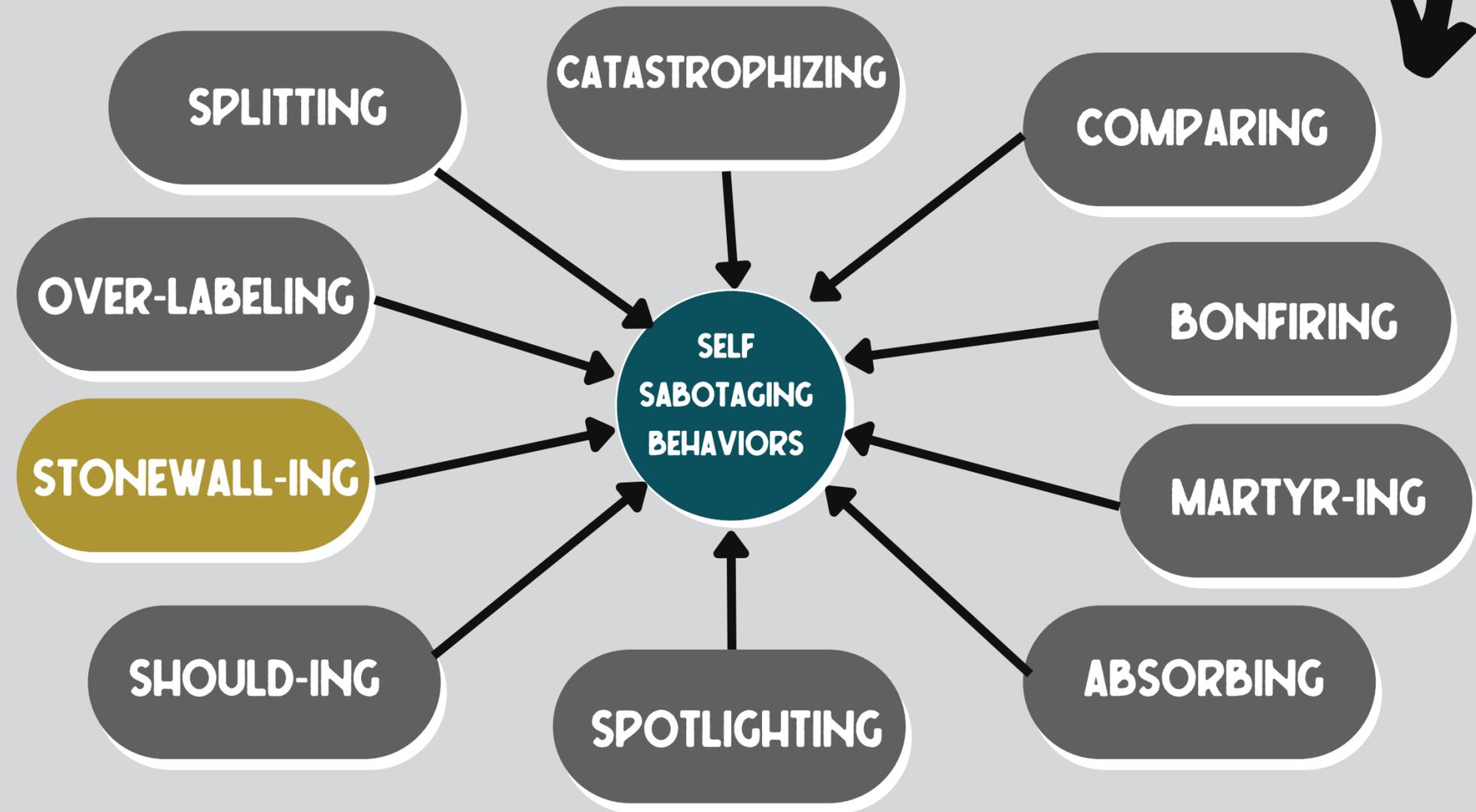
STONEWALL-ING:

LOOKING FOR DIVIDES-
WHY YOUR THOUGHTS
ARE SO DIFFERENT, WHY
YOU WON'T CONNECT
WITH SOMEONE, WHY YOU
WON'T ENJOY SOMETHING

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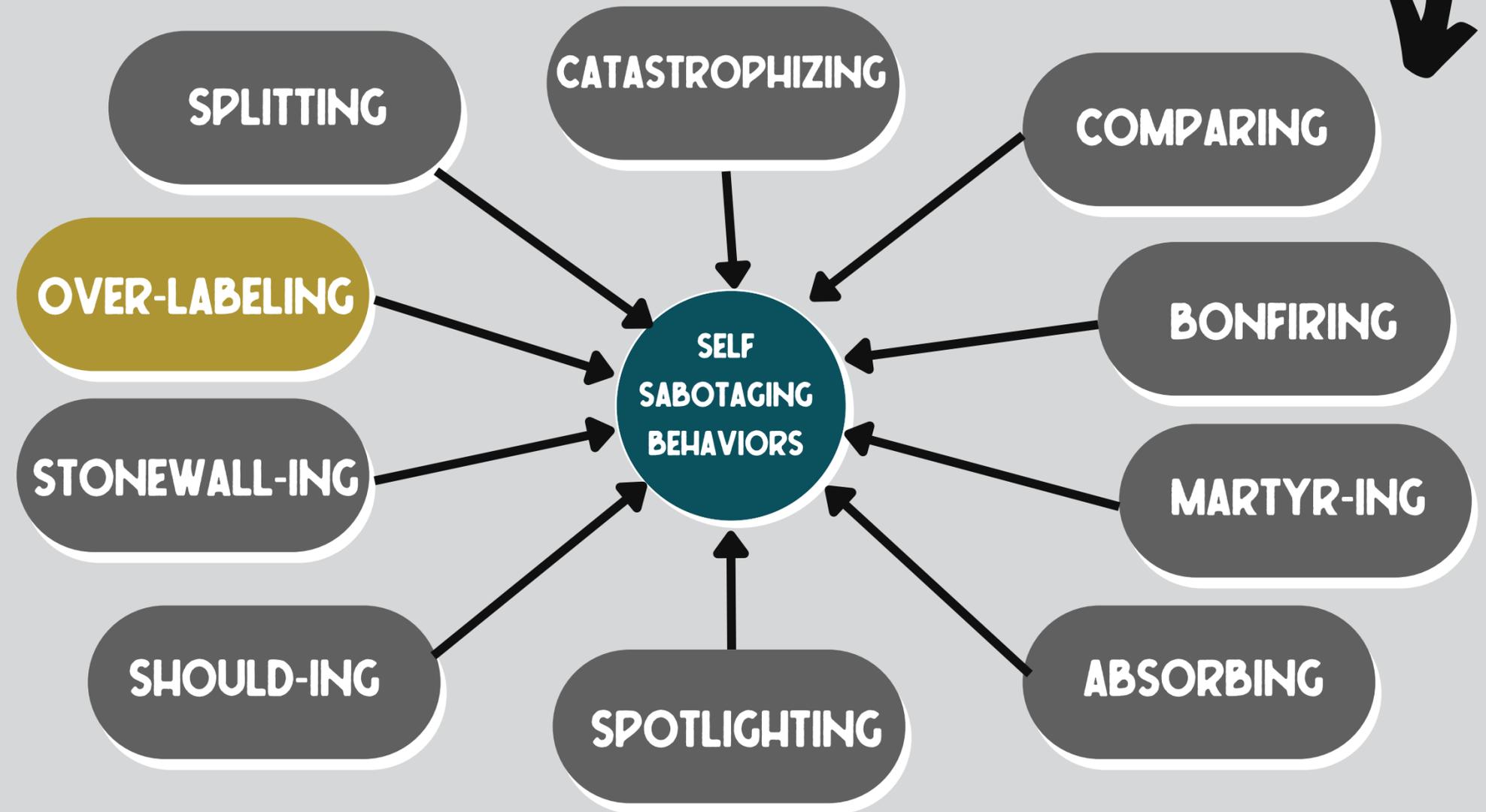
OVERLABEL-ING:

LABELING YOUR FEELINGS AS FACTS, TAKING A SMALL SAMPLE AS THE GENERAL CONSENSUS...

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SPLITTING-ING:

DIFFICULTY BRINGING TOGETHER THE POSITIVE AND NEGATIVE ASPECTS OF PEOPLE OR SITUATIONS. ALL OR NOTHING.

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