



## Summary of Self-Defeating Attitudes

1. **Uniqueness** – “I’m different. No one else is like me.”

“Yes, But” Thinking

Comparing Yourself to Others

Making Excuses for Lack of Success

Having an Inferiority or Superiority Complex

2. **Perfectionism** – “Things have to be perfect.”

Unrealistic Expectations

Being Too Hard on Yourself

Having to Know All the Answers First

Not Wanting Anyone to Know You Have a Problem

Putting On an Act

Fortune-telling

Judgmental or Critical of Yourself and Others

Feeling Unqualified

3. **Fear** – “I’m afraid to live, I’m afraid to die, I’m afraid of everything in between.”

Fear of Commitment

Fear of Rejection

Putting Off Your Life

Waiting for Things to Work Themselves Out

The Pitfalls of Denial

Fear of Failure

Fear of Expressing Your Feelings

Fear of Success

Needing to Be in Control

4. **Focusing on Negatives** – “What if things don’t work out?”

Lack of Motivation

Excessive Worry

Being Suspicious

Loss of Faith

5. **Unworthiness** – “I’m not good enough, I’m not important.”

Feeling Uncomfortable with Success

Afraid to Bother Anyone

Giving Up Too Soon

Making Yourself Low Priority

Labeling Yourself

Making Excuses for Why You Can’t Change

Insecurity

Jealousy

Defensiveness

Self-Abasement

<http://icreatehabits.com/blog/handouts/>



**6. Impatience** – “I want it all and I want it now.”

Wanting Quick Results

Not Starting Because It Will Take Too Long

Impulsivity

Feeling Rushed

**7. Need for Validation** – “I want everyone to like me.”

Fear of Looking Foolish

Fear of Stating Your Opinion

Inability to Say No

Fear of Hurting Others

Believing You Shouldn't Express Your Interests, Goals and Feelings

Feeling Like You Need Approval to Make a Move