



## Summary of Self-Defeating Behaviors

### 1. Procrastination

Wasting Time

A Sudden Desire to Do Anything but Work toward Your Goal

### 2. Avoidance

Physical Illness

Changing the Subject

Leaving the Room

Looking Away

Avoiding Emotional Intimacy

Indirect Communication

Feeling Distracted

### 3. Compulsions

Overeating

Drug Abuse

Alcohol Abuse

Shopping

### 4. Self-Defeating Habits

Lying

Smoking

Being Disorganized

Being Late

### 5. Irresponsibility

Risky Behavior

Missing Important Meetings and Appointments

Not Making Important Phone Calls

Not Writing Things Down

Excess Debt

Forgetfulness

Overspending

### 6. Codependent Behavior

Remaining in Harmful Situations

Going Along with What Others Want

Listening to People Who Say You Don't Need to Change

Asking for Help from the Wrong Person

Taking on More Than You Can Handle