

Self-Sabotaging Behaviors That Won't Let You Be Great!

Directions: Print a copy of this for each person you want to take this. Sit down together and put a ✓ next to the items that apply to you. Put an X next to the items that apply your loved one. Use your results to open conversation.

- Abusing Your Relationship with Others
- Acting Substandard
- All-or-nothing mindset
- Dodging Responsibility
- Being Revengeful
- Blaming Others
- Being Argumentative/Combative
- Comparing Yourself to Others
- Complaining
- Doubting Others Without Reason
- Abusing Drugs and Alcohol
- Feeling Underserving of Good Things
- Fighting
- Giving Up on Yourself
- Overeating
- Seeing people how you want to instead of how they are
- Temper Tantrums
- Lying
- Creating Excuses
- Negative Self Talk
- Never Acknowledging You Are Wrong
- Not Asking For Help
- Not Allowing Yourself to Show You Care
- People Pleasing
- Procrastination
- Pushing Others to the Edge
- Spreading Rumors
- Stubbornness
- Tardiness



**KRS TRAINING
AND DEVELOPMENT**

Behaviors That Help You Excel

- Accepting Responsibility for Your Own Behavior
- Asking for Help
- Dropping Baggage
- Examining Your Circle of Friends
- Overcoming Fears
- Overcoming Self-Doubt
- Reaffirming Past Accomplishments
- Rewarding Yourself in Healthy Ways
- Self Acceptance
- Self Appraisal
- Self Approval
- Surrounding Yourself with Quality People
- Support Groups
- Treating Yourself Well
- Trusting Others