COMMON DESTRUCTIVE HABITS

**Habits of behavior**
- Eating fattening foods
- Eating big evening meals
- Watching television all evening
- Not exercising
- Leaving for appointments at the last possible minute
- Drinking alcoholic beverages each evening
- Gambling
- Criticizing others
- Spending beyond your means
- Taking work home
- Speaking apologetically about yourself
- Getting up at the last possible minute
- Working first on the task that is due first
- Working first on the task that will take the least time
- Associating with people who discourage or caution you
- Putting things down on your desk to handle "sometime"
- Trying to resolve disagreements by first explaining your position

**Mental Habits**
- Thinking success is not for you
- Defensiveness: trying to keep things from getting worse instead of trying to make them better
- Attention wandering
- Dwelling on the negative
- Looking for the negative
- Thinking that other people's problems are your fault
- Putting off until tomorrow that which has no deadline
- Focusing on what you can't control in a situation
- Regarding your daily workload as something you "have to" do
- Going to work for the purpose of reducing the backlog
- Quitting when you sense difficulty
- Quitting before you try
- Blaming others for negative things that happen to you
- Looking for symptoms of and worrying about disease
- Imagining the worst
- Suspicion and lack of faith in the behavior of friends
- Finding fault with others
- Making excuses before you begin
- Being jealous of others' success
- Feeling that another's gain means there is less for you
- Regarding transactions in terms of winners and losers