



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