



Traits that lessen resilience

Humorless: melancholy – hopeless – self-pitying

Blind: Obvious to own motivations and emotions – denies difficulties – ignore problems – react without thinking – destructively questions after the fact (Why do I always...” “Why can’t I ever...)

Self-absorbed: egoistical - narcissist – unwilling to admit faults – possesses a sense of entitlement (people owe me special consideration) – seeks attention- stubborn- controlling

Extremist: radical – reactive – emotionally impulsive or over-controlled – either minimizes or maximizes

Isolator: Plays the hermit – tends to run away from both helpful and hurtful people and situations – self sabotages

Dependent: ties needy or care giving individuals – enmeshed – no balance in relationships – rigid roles – continues to choose unhealthy types of individuals and groups in attachments, affiliations, and community relationships – desperate in relationships

Patterned Behavior: predictable – worries – obsesses – resorts to the same solutions even when those have been proven to be inadequate – shuns new things

Passive: feels and acts as having no power – fatalistic – life dictates what can or cannot be done – life characterized by procrastination

Morally Immature: words and actions are seriously contradictory (incongruent) – addicted – dogmatic- rationalizes behaviors

Discontent/Resigned: dissatisfied – covetous – mired in the past – believes what has happened determines what will happen – pessimistic – anxious