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