

SELF DEFENSIVE PATTERNS

(check all that apply to you)

- Thriving on competing with others
- Being mad (on a regular basis)
- Staying too busy with your schedule
- Striving to make yourself acceptable to others
- Telling yourself that you're misunderstood
- Focusing on a person that wronged you
- Confused by deeper conversation
- Presenting credentials so that people don't ask more questions
- Apathy, indifference, numbness
- Jealousy
- Collapsing so that no one can say anything to you
- Being silent
- Stubbornness even when you know you're wrong
- Self-focus that leads to self-pity
- Sitting in defeat
- Secrecy, no one knows what is happening in your life
- Escalation that can lead to domination
- Controlling your schedule, house, kids, etc.
- Overthinking situations and conversations
- Shame - "I'm not good enough"
- Feeling over-responsible for most things in your life
- Saying you are tired often
- Being nervous most of the time
- Gossiping
- Not receiving well, a compliment or gift, thinking you don't deserve it
- Being acutely aware of unfairness
- Making absolute statements (never, always, absolutely)
- Shutting down and not interacting
- Sarcasm that is hurtful
- Deflection, changing the subject
- Masking your feelings with humor
- Dread and despair about the future
- Being self-reliant
- Difficulty in being vulnerable
- Focusing on a past injustice
- Not trusting most people
- Making a case in your head against people
- Not wanting to feel your emotions
- Perfectionism
- Not very teachable
- Scrambling for success- juggling too much
- Avoiding direct conversations with others
- Withholding words from others
- Scarcity/poverty mentality about provision
- Not wanting to think deeply about relationships
- Overindulging (food, drink, shopping, etc.)
- Avoidance/denial
- Needing "proof"
- General sense of insecurity, needing validation
- Blaming another for your dissatisfaction
- Victimization mentality
- Justification of your actions
- Self-Hatred, not really loving or enjoying yourself
- Pouting as a form of communication
- Wanting to be in charge in most places
- "People are stupid" is a regular statement
- Changing friends on a consistent basis
- Leadership means no one can know me
- Pessimistic view of life
- Presenting your life as though its good when it's not
- Telling too much information to others
- Passive posture, not doing anything, staying stuck
- Poor sleep patterns because of anxiety, fear, or distractions

Add your own:

