

Chapter 1 : This Simple Technique Can Instantly Reverse Negative Thoughts | HuffPost

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It is a step-by-step method for identifying your negative thinking and replacing it with healthier thinking. It changes your inner dialogue. It based on false beliefs or on a few selective facts, and it ignores important facts that would lead to better consequences. Negative thinking is usually rigid, absolute, and not supported by most of the facts. When your thinking is rigid and absolute, you tend to take an all-or-nothing approach and you are resistant to change. For example, you may think that you are a failure at everything, and you may be resistant to hearing encouraging advice from your friends. Cognitive therapy is designed to help you recognize your negative thinking and discover healthier thinking patterns. These are the common types of negative thinking. There is some overlap among them, and sometimes a thought can involve more than one type of negative thinking. It feels like one disappointment after another. But first I have to rush to finish this. If something good happens in my life, I usually have to pay for it with something bad. You probably learned it by watching the people around you. If you see important people in your life using negative thinking, it will start to seem normal. Negative thinking turns into automatic thinking through repetition. By the time you are independent enough to do your own thinking, you may have been exposed to numerous examples of negative thinking. By then, negative thinking feels like just part of who you are. Without even questioning it, you automatically assume that you are wrong, or a failure, or disliked. It allows you to navigate life efficiently. But automatic thinking is unhelpful if your assumptions are false. If you have absorbed a negative way of thinking, then you will often come to wrong the conclusions without even knowing why. This is the value of cognitive behavioral therapy. You can learn new life skills and new ways of thinking that will lead to a better life. Consequences of Negative Thinking The consequences of negative thinking are cumulative. One negative thought piled on top of another starts to take a toll on how you view yourself and your future. Here are some examples. If you think that any mistake is a failure, this all-or-nothing thinking can lead to anxiety. You worry that any mistake may expose you to criticism or judgment. If you think that you are broken, unfixable, or unlikeable, this negative self-labelling can lead to depression. You are trapped by your own unrealistic view of yourself. Feeling trapped is one of the common causes of depression. Negative thinking that can lead to anxiety or depression can also lead to addiction , because anxiety and depression feel so uncomfortable that you may turn to drugs or alcohol to escape. Negative thinking not only leads to unhappiness, it is also an obstacle to self-change. When you think in an all-or-nothing way, then the idea of change feels like an overwhelming challenge. It is the basic tool of cognitive therapy. It is a series of questions that lead you step-by-step through the process of identifying your negative thinking and changing it. A thought record helps you see that your negative thoughts are based on false and untested beliefs. For example, you may believe that you are a failure because you were told you were a failure growing up. You may believe it even though other people consider you successful or may praise your work. This is a classic example of an untested belief. CBT worksheets thought records help you find healthier ways of interpreting the facts. You can change your thinking. Once you realize that you can change it and get into the habit of challenging your thinking, you will begin to change your life. Briefly describe the situation that led to your unpleasant feelings. This will help you remember the situation later if you review your notes. What thought first crossed your mind? This was probably a subconscious or automatic thought that you have had before. Why do you want to change this thinking? Look at the psychological, physical, professional, and relationship consequences. This step helps you find your motivation. Steps help you identify what you need to change and give you the motivation to change. Challenge your initial thought. How successful has this thinking been for you in the past? What facts do you have that support or challenge your initial thought? What strengths do you have that you may be overlooking? What advice would you give someone else in the same situation? Summarize the kind of negative thinking behind your initial thought. Identify one or more of the basic types of negative thinking, for example all-or-nothing, focusing on the negatives, catastrophizing, or negative self-labelling. This step is optional because after you have done it a few

times, the same types of negative thinking will keep coming up. When did you first have initial thoughts like this? How deep do the roots go? Do you know anyone else who thinks like this? How successful has this thinking been for them? This step is optional because after you have done it a few times, the same sources of negative thinking will keep coming up. Steps help you see that your negative thinking is not based on facts, but is driven by false beliefs that you have probably learned. Now that you understand your negative thinking, how could you have handled the situation differently? Drop any negative assumptions, and think of possibilities or facts that you may have overlooked. Positive belief and affirmation. Write down an affirmation, in a positive form, that reflects your healthier approach. Choose something that you can use as a reminder. Steps help you come up with healthier ways of thinking and crystalize them into an affirmation. What can you do if this situation arises again? How can you prepare for the situation? Write a list of strengths you bring to the situation? Knowing your tendencies, what can you do if you fall back on old habits? Do you feel slightly better or more optimistic? This step reinforces the idea that if you change your thinking, you will change your life. Steps help you incorporate your new thinking into your life. Cognitive behavioral therapy is effective because it takes you step-by-step through the process of self-change. Example Worksheet – Thought Record 1. I said something wrong at a social event. I felt embarrassed and later I felt anxious thinking about it. I feel like a failure. I worry that people will judge me. If I continue to think like this, and beat myself up, I will feel miserable. My negativity might affect my relationships and possibly my health. I feel overwhelmed when I try to be perfect. People who always beat themselves up are boring. I prefer people who are kind to themselves. I am not this critical of them. Identify one or more of the basic types of negative thinking: All-or-nothing, Focusing on the negatives, Catastrophizing, Negative self-labelling, Excessive need for approval, Mind reading, Should statements. I was self-labeling and focusing on the negatives. I was mind-reading that people dislike me. I have some strengths that people appreciate. I want to get rid of this negative thinking. I feel better when I am kind to myself. Be kind to yourself. Before I go into a social setting, I will remind myself that being hard on myself is boring.

Chapter 2 : Recovering from Childhood Neglect

*Reversing Self-Destructive Patterns [Steve Bell] on racedaydvl.com *FREE* shipping on qualifying offers. from The Chapel of the Air.*

Cathey Brown knows the painful dynamic of a dysfunctional family. She knows it because she has lived it. Young Cathey learned to create her own reality because no one confronted the harsh realities of alcoholism and domestic violence. She learned that living to "look good" was more important than living with integrity and that keeping secrets was far better than telling the truth. What Is a Dysfunctional Family? Like millions of others, Cathey grew up in a dysfunctional family in which family members failed to function together in a healthy way. Just like Cathey, millions of others grow up in family relationships that are fractured with family roles that are a distortion of what they should be. Simply said, a parent becomes emotionally dependent on a child; therefore, the child parents the parent. In a functional family, if one parent begins to engage in negative behavior, the other parent is able to confront that behavior because both are emotionally healthy and secure in the positive strength of their relationship. The Damage of Dysfunction As a result, a destructive cycle of behavior envelops the entire family. Often the passive parent will make excuses or try to mitigate the damage that the problem parent has created, while failing to address the harmful actions that are destroying the family. Fear, shame and a lack of healthy boundaries created an environment for dysfunction to flourish. Role Playing for Survival When parents are unable to manage their lives, children learn to cope by playing specific roles in the family or "acting out" in damaging ways. Typically, the child will adopt one of four roles: This child receives positive attention but often develops perfectionistic, compulsive behaviors. This child consumes time and energy from the family members and often develops self-destructive life patterns. This child avoids attention and is often lonely and withdrawn. This child is often hyperactive and usually seeks to be the center of attention. A child may even display a combination of these traits or progress through different stages as they attempt to manage their emotional pain just seeking to survive. Initially, Cathey learned to cope with being sexually abused by her uncle through rebellious behavior before settling into habits that characterize the responsible child. Failure to Fix the Family In filling these roles, she nurtured a desperate need for control so obviously missing in her family of origin that would plague her for years. Heroes are supposed to "save the day" and fix everything. Well, Cathey tried so hard, but no child has the ability to fix the family. Typically children from dysfunctional homes feel guilty. If only I could be a different kind of person. Every child needs to find a "safety zone" a way to find expression in life that is positive in order to cope with that stress. Children need to know activities they can enjoy that will divert their attention away when situations become dysfunctional, such as playing a game, doing a puzzle, riding a bike, reading a book, quoting a Scripture: They can learn to do this by making a list of pros and cons and picking the best choice. Rainbow after the Storm As the founder of Rainbow Days, Cathey has for 30 years guided children toward maturity by encouraging positive life choices and teaching important life skills built on a foundation of authentic Christian faith. In the process, Rainbow Days has served nearly , children and trained more than 37, professionals to implement support groups and abuse-prevention programs. Once a storm passes and the sun breaks through the clouds, a beautiful rainbow adorns the sky! The rainbow reminds us there is always hope even after the most violent storms. If you have been wounded by the storm of family pain, God gives you this promise: June is the author of How to Forgive. Learn more about June and Hope for the Heart by visiting hopefortheheart. Here you can connect with June on Facebook and Twitter , listen to her radio broadcasts , or find much-needed resources. Hope for the Heart provides spiritual guidance, heartfelt prayer, multi-media resources, and biblical wise-counseling.

Chapter 3 : David & Karen Mains - Summary of Day Spiritual Adventures

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Why Do People Self-Destruct? You may also remember when as a kid you knew you had to study for an exam but instead “ you went out and played with your friends or listened to your music. Yet when the exam results were read out, you felt ashamed, guilty, knowing that if you had studied you would have done better “ in fact far better. But when each next time came around, did you do the same old thing “ nothing? So instead many found excuses. People find excuses when dieting, they find excuses when exercising or they find excuses when anything positive involves discipline or commitment. Some even find excuses via addictive substances “ drink, drugs, smoking or anything that takes them away from themselves or sitting down and doing some hard work. And we do this to ourselves constantly “ we choose failure. We eat that piece of chocolate cake that breaks our diet or we skip an exercise class or we head to the golf course instead of finally dealing with the project at hand. Worse still, we land up in relationships knowing full well they may end in tears. And we can go from success to failure within seconds. This turn around can occur so quickly that mostly people are left unaware. And to some extent, this happens to everyone. Because if we have not felt the sweet taste of success how will we ever understand the feeling it generates? These days, people are becoming more aware. They are more aware that in order to be successful small steps taken are better. People are also now more aware that success involves tenacity, commitment and perseverance. And this applies equally to achieving good relationships too. They often come from a place where people have not developed a self-belief system “ often due to circumstance or through choice. For the majority of people walking on the planet right now, many are stuck in their own self-hate, self-destruction and self-belief patterns of behaviour. Many feel frustrated, angry and very unhappy as a result. Unfortunately, people often do things without realizing that much of their choices or behaviour “ only reaffirms their negative inner self-belief systems. Becoming aware of our thoughts and our belief system is very important. What we think or how we think “ tells us about our belief system. This is why psychologists and scientists are beginning to encourage us to reconsider how we think. They reckon that how and what we think has a massive impact on our health and how we conduct our lives. But what we think is also up to us. Many are now beginning to shift how they think by making a concerted effort to ignore any negative thoughts and inserting positive ones instead. But reversing self-worth involves discipline and commitment. It takes hard work to reverse an inner belief system, especially one that acts like a bewitching spell. Because when levels of self-worth or self-belief are low “ then self-discipline will be low too. Getting up and doing anything for ourselves is very hard if we are feeling low. And so the cycle and lack of self-belief and worth may continue. However, this can lead to a lot of frustration and anger and this could help reinforce the negative belief system. So when your self-destruct button is pressed, know this: First of all you need to find the origin of your negative self-belief. Get to understand it and get to know how it operates and how you react to it. Watch how you think as a result. Write it down and make notes. Find out what triggers your self-destruct buttons. Start replacing negative thoughts with good ones. Start by counting what you do have, and start by appreciating what you have compared to say someone starving in Africa. This comparison is often a wake up call. Remember that you also always have a choice. You can listen to your inner destructive record or you can begin to tell it to go away. You can continue doing nothing or you can start doing the opposite. Success comes from not ever giving up. Take one day at a time and slowly you will begin to see the results. But this starts by you being clear about what it is that you really want to achieve. Once you are clear “ then working towards achieving goals becomes a little easier. Nothing comes from nothing. No relationship, no friendship, no career, no job is ever truly successful if you sit around waiting for life to happen. You need to take life by the horns and make it happen. So if your self-destructive patterns are getting in the way of you moving forward then it may be time to address the why. And remember this too: So what might it really be doing for you? Please do subscribe to my blog website. I will not bombard you with

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e-mails. You will get a monthly reminder of my website for your perusal. However, if there is a new offer, separate to the blog site I will e-mail you. Help Support My Blog Your contribution helps funds and support my blog. If everyone who likes this blog and finds it useful, then also helps to fund it, its future will be more secure. Donations are taken via PayPal. You can donate with your PayPal account or with a card.

Chapter 4 : Reversing self-destructive patterns: a product of the Chapel of the Air - Steve Bell - Google Bo

Reversing Destructive Patterns. Tuesday, 28 April Healing. Hits The problem is it is a self-destructive way to reach some measure of inner peace.

Similar to my last few "relationships"; this dress was anxiety ridden, hard work, and close to being set on fire. However, unlike my last few exes who would set themselves on fire cos they are that dysfunctional and self destructive Flora was worth saving, worth the effort, worth sticking around for. Ended up making something else the night before, post here. Bane of my existence! How could such tragedy happen to a dress this beautiful. Was I drunk during the whole sewing process?? I mean, I had some "low calorie, low alcohol" why even make such a drink I would have picked up on the "dipping" waist seam though, bloody Anna all over again. Despite construction spanning over two months, and my issues; the Flora definitely is an easy pattern to put together, suitable for a beginner. The pattern also has a tank bodice with high square neckline and regular hem circle skirt. Might give that version a go next time! This dress is far from perfect. Out of sight, out of mind. Basically, every time I tried the dress on, there was something fcuked; dress comes off, unpicker come out, furious pinning, swear words, then praying. Spent a gorgeous Sunday inside with my unpicker. My issues with the dress: Gawd, such dodgy technique here. After the waist seam was straightened up, the front hem fixed itself. However, the lining stretched so bad; glad I left it hanging for over a month to get all stretched out, bemsilk you are mean. OMG, I just realised why the bemsilk stretched so much. Okay, that gamble did not pay off. To "fix" the hem, I hung the dress on my mannequin and simply hacked off what was hanging past the hem of the shell. Was not a pretty sight, so much potential for disaster I also fixed the "sloping waist" at the back using the same technique What I love about the pattern: Although I am not a fan of the dipped hem on myself, I do like it on other people. If I was taller or if I used a lighter weight fabric, it might look better on me. The pattern is great, style of the dress does not suit me as nicely as the Anna and Georgia; I feel dowdy in the dipped hem circle skirt. Next time, might make Flora in cotton voile for a softer, summery feel. The dress looks beautiful on the outside; but behind closed doors there was a lot of crying, swearing, wanting to tear her apart, wanting to give up. Like most dysfunctional relationships I guess, haha ; Front view, back view. Removed CB seam on bodice back and skirt back to keep beautiful floral pattern uninterrupted. Looking forward to having a drink and a feed with all you fabulous Sewcialites this weekend. Thank you for organizing, Oanh!

Chapter 5 : Cognitive Behavioral Therapy Guide, Free CBT Worksheet, Thought Record

In the last post, I talked about substituting self-destructive managing patterns for self-caring behaviours (in other words, everytime you feel down, go out and hug a puppy).

Amy Winehouse Lindsay Lohan Note that there is an added complication for self-destructive celebrities. The more they self-harm or take unhealthy risks with their lives, the more attention, controversy, and publicity they generate. This merely adds to the vicious circle of self-destruction. Development of Self-Destruction Like all negative personality traits, self-destruction typically develops through the following sequence: Early negative experiences Misconceptions about the nature of self, life or others A constant fear and sense of insecurity A maladaptive strategy to protect the self A persona to hide all of the above in adulthood Early Negative Experiences In the case of self-destruction, the early negative experiences typically consist of a childhood abuse or trauma over which the child had no control. This kicks off the self-destructive behaviour, while lack of secure parental attachment helps maintain it. Perhaps the father was a drunk who came home every night in a violent rage. Perhaps the mother was mentally unstable and would attack her children for no apparent reason. Or perhaps school teachers imposed a severe regime involving random punishments. In addition, one or both parents may have been unable or unwilling to give the love, care and attention that were naturally craved by the child. So the child would have felt fundamentally alone in this terror, as well as feeling helpless to do anything about it. If life is so cruel then it is not worth living. I wish I had never been born. Being hurt so much means that I must be bad. Fear Along on such ideas, the child becomes gripped by a complex fear – the fear of losing control. In other words, the child is terrified of – repeating an earlier trauma, expressing whatever part of himself might attract such trauma, and unleashing his own desire to punish or eliminate that part of himself. Those caught in self-destruction are thus embroiled in inner conflict. Strategy There are various strategies for coping with this complex issue, but the key is to maintain control of something. My survival depends upon me taking back control of my life. This is the basis of the condition known as anorexia nervosa. Anxiety compels us to find some sort of self-protection, to feel that there is some way we can control what happens to us. But in many families, especially those with a stifling or oppressive atmosphere, there is simply no room for an anxious child undergoing puberty to exercise control over anything around them. Their very anxiety may be seen as an embarrassment, something to be hidden and never discussed. In effect, the need for control turns inwards. The ideal of being stick-thin, free from the desire to eat, seems to tick several boxes at once: Can I drink even more than the last time? How many drugs can I take and not die? How fast can I drive a motorbike and get away with it? Every time they survive such an experience, it merely bolsters their belief that control in the face of danger is a necessary strategy. But this false sense of control merely begs the question, prompted by the same fear: Is that the limit of my control? Or can I take an even bigger risk? The constant need to push the edge of control, plus the fear of losing control and thereby experiencing both powerlessness and pain inside oneself, creates inner conflict and a rising tension which demands to be relieved. Being successful in life in whatever way will only serve to increase the tension, since there is even more need to keep everything bottled up and under control. The self-destructive person may be therefore caught in a cycle between periods of grim self-control and explosive episodes in which a valve blows and some component of the conflict is set free. The person is also likely to become addicted to these brief moments of relief, however destructive they may be in the long run. For example, relief may be found in episodes of binge drinking. A massive dose of alcohol serves as an anaesthetic, eliminating the state of conflict, tension and terror for a while. It does nothing to resolve the basic underlying conflict or pain, however. In fact, the awful consequences of binge drinking merely serve to reinforce the fear of losing control at another level. And yet the brief relief it provides is irresistible to the point of becoming addictive. All people are capable of this kind of behaviour. When it dominates the personality, however, one is said to have a chief feature of self-destruction. Persona Emerging into adulthood, a self-destructive young person probably does not want go around being overtly fearful, conflicted and self-destructive. I only act this way because I want to. I think that self-destructiveness can also mean self-reflection, can mean poetic sensibility, it

can mean empathy, it can mean a hedonism and a libertarianism and a lack of judgement. Early intervention is therefore crucial. The real danger is when the person with self-destruction starts to believe their own lie. At that point, the chief feature has won and the most likely outcome is an early death. Sacrifice brings the habit of self-destruction under conscious control. It is a willingness to deliberately give up or lose something for a good reason, or for a good cause, rather than out of pure fear. For example, virtually every primitive society in history has included animal sacrifice as part of its religion. A sacrificial offering can be as cheap and as simple as a flower or a stick of incense. The more valuable the offering, the greater the sacrifice and the more highly it is regarded. Today we use sacrifice more generically to describe giving something up, doing without, accepting a minor loss as a way to avoid a greater loss, or in anticipation of later gain. For example, when playing chess we might sacrifice a pawn as a way to avoid losing the game. A person with a chief feature of self-destruction can at least feel good every now and then about giving something up for the best. For example, instead of automatically sabotaging a new relationship, as is their habit, they can be open about it and offer to drop the relationship from the start, and thereby spare the other person later misery. An honest offering to another is more powerful than insidious self-sabotage. Immolation also means sacrifice, especially ritual sacrifice by fire, but in this context we are talking about self-sacrifice or suicide. In the early s, many Vietnamese Buddhist monks set fire to themselves in protest at the then ruling regime. In these cases, however, the manner of death is closer to martyrdom suicide as a protest than self-destruction suicide as a relief. In terms of the chief feature of self-destruction, immolation implies physical loss of life, either slowly or quickly, as a way to eliminate the conflict. For example, one person might drink himself to death over the course of a decade, while another might simply slash his wrists. According to World Health Organization WHO estimates, in the year , approximately one million people died from suicide, and 10 to 20 times more people attempted suicide worldwide. This represents one death every 40 seconds and one attempt every 3 seconds, on average. Suicide is now one of the three leading causes of death among young people. More people around the world are now dying from suicide than from armed conflict. The majority of suicides occur in a context of psychological upheaval or crisis. Studies of children and adolescents who commit suicide have found not only show a strong prevalence of stressful life events combined with mental disorder depression, bipolar but also a level of antisocial behaviour unwillingness to comply with normal rules and often an excessive consumption of alcohol or other drugs. In other words, suicide is more likely when a self-destructive tendency is reinforced or enabled through intoxication. Handling Self-Destruction As with every negative character feature, the key to handling self-destruction is becoming conscious of how it operates in oneself. Begin with the mask or persona: Do I try to get others to perceive me as carefree, wild, crazy? Do I tend to take risks and act recklessly more than others? Underneath that outer facade, am I really trying to keep everything under control? Why do I do this? What am I afraid of? Is there some part of me that is unbeable or unacceptable? Do I just wish others could see, understand and accept the pain I am in? Approaching the deepest level you may need outside help in the form of a counsellor, therapist or at least a close friend, perhaps even a psychiatrist, especially if you are tackling memories of abuse: Where does this fear come from? How was I hurt? Just as you can become more aware of self-destructiveness through personal observation and self-enquiry, so too you can gain more control over it through that awareness and by exercising choice in the moment. Whenever I am tempted to harm myself, I can ask myself what message I am trying to send to others. Then I can look for ways to convey that message more explicitly and skilfully. When caught in the grip of immolation or suicide, the negative pole of self-destruction, balance can be found in the positive pole of greed, namely egoism, desire or appetite. In other words, you give attention to what you actually need or want, and communicate that to others. Another great book about the seven character flaws, recently translated from the original German: For something more specifically about self-destruction, try: A useful online information resource on self-destructive and self-harming behaviour is the Suicide and Mental Health Association International. It also includes a list of international hotlines. There are also various online support groups for those affected by self-harm, self-injury, suicide or suicidal thoughts. An excellent starting point would be selfharm. For a TV item on the pop psychology of self-destructive celebrities, see:

Chapter 6 : Linda Jame Psychotherapy - Psychotherapist, Stress Reduction

David & Karen Mains Summary of Day Spiritual Adventures Adventure -- Reversing Self-Destructive Patterns. Reversing Self-Destructive Patterns is the name of the book version of the Adventure by the same name.

Shutterstock This is where all sense of self-worth is deflated. When you know deep within your soul that your partner may never meet your emotional needs and you hear a voice that asks you to dash toward the exit, you choose to ignore the voice and continue to stay. Self-examination and re-assessment of your outlook: This is the first step to recovery. Only a complete understanding of your own destructive behavioral patterns can help you progress upon the road to recovery. Google, copyright-free image under Creative Commons License 2. Challenging the self-defeating outlook: Challenge the beliefs you have internalized, retaliate against the self-defeating thoughts you have about your self-worth. Is it important to retain your identity in a relationship? Notice the destructive effect of your negative self-judgment. Weigh them against a newer, kinder, more compassionate self-assessment, and surprise yourself. You are a lovely human being, capable of love and being loved. So, bid that negativity a happy goodbye and embark on a journey of self-discovery and self-love. Pixabay , under Creative Commons License 4. It takes strength to accept a problem and address it. Embrace the new winds of change and remember that they are from a happier, healthier land. Codependency feeds on your fears. It is a condition that thrives on your emotional weakness. By embarking on a journey of conquering your fears and recovering from that weakness, you are taking charge of transforming your life through healing and personal growth. This new emphasis on self shall boost your self-worth and esteem and enable you to not only visualize yourself in a loving relationship that meets your needs but also attract people who can participate as emotional equals. Taking care of yourself and your needs: Most of all, you shall learn to take care of yourself, which, as I always maintain, is your foremost duty.

Chapter 7 : Out-Smart Self-Sabotage: 5 Steps To Change Subconscious Beliefs - mindbodygreen

2. Failing to take action. This is a passive symptom, but still self-destructive in nature. When we know something is bad for us, but fail to take any action or steps to remedy the issue, we are essentially setting ourselves up for, and guaranteeing, failure.

These behaviors might be obvious and significant, undermining relationships or job opportunities. However, they can also be subtler, simply ensuring you never really go out of your comfort zone. So, if you want to discover how to stop self-sabotaging today, be sure to keep reading. This guide to how to stop self-sabotaging behavior will explore the reasons why you might self-sabotage, teach you how to detect signs that you might be sabotaging yourself, and give you a practical method for overcoming the self-sabotage cycle. One of the most perplexing types of self-destructiveness emerges in relationships that look good from the outside. If you have a history of sabotaging relationships, you might feel frustrated by feelings and actions that seem beyond your control. You might actively yearn for love, and yet find yourself pushing it away when it arrives. While no two self-saboteurs are exactly alike, there are two major reasons why happy people undermine their own relationships. Understanding which might apply to you is the first step in learning how to stop self-sabotaging relationships.

Fear Of Abandonment This reason for self-sabotaging relationships is all about your past, and some of your earliest life experiences in particular. There are two distinct types that are related to the self-sabotaging syndrome. Firstly, if you had a caregiver who was normally absent, you may have become avoidant. This means that you learned that others cannot be trusted to be there for you or are even a hazard to your well-being, and so you automatically want to withdraw when they get too close. Subconsciously, love is a threat, and commitment is something to avoid. Secondly, if you had a caregiver who was there for you some of the time and not at others, you may have developed an anxious attachment style. In this case, you think you have to cling on to others for dear life or else you will lose them. And, in fact, the behaviors associated with this panicked anxiety can lead you to unintentionally sabotaging relationships. Your desire for closeness actually ends up pushing others away. If you suffer from PTSD, it might be related to extreme versions of the childhood experiences mentioned in the previous section. PTSD can also develop and lead to self-sabotage after adult experiences like serving in the military, facing abuse or assault, or having a near-death experience. Essentially, your body is always ready to mount a fear response at the slightest sign of trouble. You might have developed negative self-soothing strategies like excessive use of drugs or alcohol to manage these feelings.

Tell-Tale Signs Of Self-Sabotaging Syndrome So, now that you better understand the roots of self-sabotaging behavior, how can you identify self-destructive behavior signs? Here are the seven most common signs of sabotaging relationships or other important life opportunities. However, this means balancing the good and the bad. If you find that you always look for a reason to view things as boring, dangerous, unachievable or negative in any other way, then this is a serious warning sign that you need to work on overcoming self-sabotage. When you focus exclusively on the negative, you attract more negativity into your life, and you restrict your own opportunities by finding excuses not to do things.

Immersion In Fear As noted above when we looked at PTSD and at attachment patterns learned in childhood, fear is linked to self-sabotage. If you noticed that most things fill you with dread and terror, you might have hit upon what causes self-sabotaging behavior in your life. You might just feel fear in a specific area e. Either way, fear keeps you trapped and prevents you from fulfilling your full potential. No matter what, if you tend to view yourself in an especially negative light, this is a clue that you may have self-sabotaging patterns. Learning how to stop self-sabotaging in this type of case has a lot to do with adjusting your negative self-talk. These will rewrite some of the limiting beliefs that lead to you regularly sabotaging success.

Constant Comparisons Another common indication of self-sabotage is a compulsion to compare yourself to others. Naturally, there are times when we all wish we had a quality or ability belonging to another person. The truth is that there is enough success and happiness in the world for everyone. We all have something unique to give to the world.

Reversing Achievement Perhaps the most obvious sign of self-sabotaging behavior is achieving something and then reversing this achievement. In a relationship, this might take the form of getting to know someone

you really like and then doing something to damage that connection e. There are many different ways of pushing people away, ranging from being evasive in conversation to refusing to meet up or being outright rude or dismissive. After reading about abandonment and PTSD, you should have a better sense of why you might do this. However, it will take conscious effort to learn new patterns. **Lacking Purpose** A final sign of self-sabotaging behavior is a sense that you lack purpose. As with the other self-sabotaging behaviors, this is often a way of staying safe and avoiding risky new experiences. What people often fail to realize is that evading purpose is actually just as hurtful, ultimately making your life deeply unsatisfying. **How To Stop Self Sabotaging:** Work through the sheet by printing it out or making notes on your electronic device! You can find the link to download it in PDF format [here now](#).

Chapter 8 : Steps for rewriting self-destructive patterns - Becoming Who You Are

SELF-DESTRUCTION is one of seven basic character flaws or "dark" personality traits. We all have the potential for self-destructive tendencies, but in people with a strong fear of losing self-control, Self-Destruction can become a dominant pattern.

The problem is, these behaviours are often deeply entrenched. The transition from self-hurting to self-caring can be broken down into several steps: This step is most useful for behaviours in the second and third categories. For instance, perhaps we want to change our sleeping patterns, stop procrastinating at work or lose some excess weight. Even better, try and separate the thoughts from the feelings underneath and make a list of both. This will help raise awareness of what feelings trigger a self-destructive behaviour. Think back to the thought process that occurs when the uncomfortable feelings come up. What part is telling us to bite our nails, to light up or to go out shopping? Try and feel that part right now and ask it why it thinks those activities will help. Keep going back to it, tomorrow, the next day and, if you can, the next time it asks you to act out a behaviour you noticed in step 1. It might not respond immediately, but keep trying. You know how you felt, and the thought process that led to the behaviour. Now think about the real-life events that occurred before this. At what exact moment did the uncomfortable feelings come up? What happened immediately before that? What were you thinking about at the time? Triggers can seem insignificant and, in the context of today, they might be. However, there is a reason they provoke uncomfortable emotions, whether it is to do with the immediate situation or with history. Identifying another action you can do that is related to the first action but self-caring. Simply stopping a behaviour dead is hard work. Anyone who can do this deserves a superhero medal. Instead, replacing the behaviour with something more beneficial is a more realistic way of giving ourselves a chance to rewrite a pattern. We can do this by focusing on a positive activity that is related to the self-destructive behaviour we were engaging in before. For instance, in the last post I talked about switching cigarettes for a cup of tea. I still get to make something I was a roller, hold something and ingest something. The pattern is basically the same except tea is way better for me. Starting to change the pattern. None of this stuff happens overnight.

Chapter 9 : How to Stop Self Destructive Behaviors: 15 Steps (with Pictures)

By observing and interacting with other members of the group, you will get help in reversing old self-destructive patterns and support for establishing a healthier approach to life.

Socratic questioning gets its name from the Greek philosopher Socrates, who used series of questions to help his students exercise critical thinking to come to a conclusion on their own, rather than being handed the answer. Within the context of CBT, the method consists of the therapist asking a series of guided questions that help a patient to reconsider harmful perceptions of themselves and the world. Is everyone who experiences divorce a failure? Can you think of anyone for whom that is not true? What evidence is there that you have succeeded, and thus have not been a "total failure"? Braun offered another example of a Socratic dialogue between therapist and client: What makes you say that? Well, I keep missing deadlines for my reports at work. I must be a failure. Are these reports your only responsibility at your job? They are just the summary of my work. How do you perform with your other responsibilities at work? Actually, I do pretty well with my other responsibilities. It is really the report writing that gets me. OK, and what percent of your job would you say is report writing? Hmm, I would say probably 5 percent or so. Well, I guess I was not thinking about it this way. So, how might you rephrase your initial negative beliefs to highlight this new information? When I look at the bigger picture, I guess I am actually pretty good at my job, but struggle with a very small portion. To examine the effects of Socratic questioning, the researchers studied 55 people with depression as they underwent a week course of cognitive therapy. At the beginning and end of each session, the participants answered questions about their mood and mental state. Researchers found that after sessions in which the therapist used more Socratic questioning, the patients reported feeling greater relief from depressive symptoms. Techniques like Socratic questioning are designed for patients to be able to perform them on themselves. Ohio State University psychologist Dr. Daniel Strunk told Nature that CBT trains patients in the skills they need to "become their own therapists. It is Justin Braun.