

I REPEAT SEEING MY SELF-DISABLING THINKING AS NOT AN OPTION

What is this self-disturbing thinking making me feel?

guilt, anxiety, depression, shame, anger, hurt, resentment, jealousy, discouraged, hopeless, helpless, doubtful, mean.

What is this self-defeating thinking doing to my relations?

It leads to whining, worrying, blaming, demanding, damning, mistrust, miscommunication, conflict, avoidance, insecurity, dishonesty, betrayal, cheating, lying, stealing, corruption.

What's this self-discouraging thinking doing to my goals?

It leads to: procrastination, demotivation, quitting, settling for, easy way out, giving in, passivity, victim role, escape, running.