

Do not allow negative thoughts to enter your mind for they are weeds that strangle confidence.

MY SUCCESS IS YOUR SUCCESS

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Bruce Lee.
(1940 – 1973)
Hong Kong and American martial artist, martial arts instructor, actor, director, screenwriter, producer, and philosopher.

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Obstacles, Reflections & Answers
Germain Decettes

A NEGATIVE ATTITUDE

PITFALLS AND POSSIBLE SITUATIONS

Sometimes bad things happen without anyone being at fault. Sure, some misfortunes can be someone else's fault, but that's not always the case.

If you tend to find fault elsewhere whenever you encounter difficulties, it may be helpful to take a closer look at your role in what happened.

Suppose your partner, has relationship behaviors that affect both of you.

You decide that she or he will not change, and you break your partnership. You feel good about the breakup because their refusal to change, has held you back from moving forward to success. Trustworthy people around you agree that you did the right thing.

However, if you don't take the time to explore how you might have contributed to some of the problems in this relationship, you are sabotaging your chance to learn and grow from the experience.

Let's explore the pitfalls and possible situations you may encounter:



1. *You choose to leave when things aren't going well:* there's nothing wrong with moving on from situations that don't meet your needs.

This may sometimes be the best option. But it's usually wise to take a step back and ask yourself if you've really put in the effort first.

Maybe you don't seem to be holding down a job for very long. You left a job because your supervisor treated you unfairly. You were laid off from another job due to overstaffing. Or you quit a job because of toxic co-workers, etc.

These are valid reasons, but such widespread situations might raise something more.

Doubts about your own ability to succeed or hold a stable job could cause you to do things that disrupt your performance or prevent you from thriving at work. You may fear conflict or criticism.

It's hard, but overcoming challenges and problems help you grow. When you give up before you've tried hard, you may not learn to make different choices in the future.

2. *You put off until the following day:* Have you ever found yourself stalled or stuck in the face of an important task?

You are far from the only one in this case.

You've prepped, done all your research, and sat down to get started, only to find you just can't get started. Your motivation is completely gone.

So, you avoid the task of cleaning out the fridge, organizing your junk drawer or starting a movie marathon.

Putting off a task or event can happen for no apparent reason, but it usually has one or more underlying causes, such as you feel overwhelmed with what you need to do, you have trouble managing your time, you doubt your abilities or skills.

3. *You seek to argue:* you can subtly sabotage yourself to damage your relationships in many ways when you seek the argument unnecessarily.

Maybe you're always up for arguing, even over things that don't really matter, like who picked the last restaurant you went to.

Or you do things to provoke reactions, like leaving a mess in the kitchen or deliberately forgetting important dates.

On the other hand, you could easily get offended or take things personally whether they are directed at you or not.

Or maybe you find it hard to talk about your feelings, especially when you're upset. Thus, you resort to grumbling or even mischievous aggression instead of more effective methods of communication.



4. *You meet people who are not suitable for you:* self-sabotaging behaviors often appear in relationships. Meeting people who don't tick all your boxes is a common type of relationship self-sabotage.

You could:

- Keep dating the same type of person even if your relationship continues to end badly.
- Try to make things work with a partner who has very different goals for the future.
- Staying in a relationship that leads nowhere.

You may be monogamous, but you continue to develop attractions for non-monogamous people. You try non-monogamy more than once but end up getting frustrated and hurt each time.

Or, you want kids, but your partner doesn't. But you remain in the relationship secretly hoping that your partner will change their mind.

By continually repeating the same aspirations, you prevent yourself from finding someone who is a better match in the long term, whether in your private life, at work and in society.

5. *You have difficulty expressing your needs:* if you find it difficult to speak for yourself, you may find it difficult to meet all of your needs.

It can happen in family situations, among friends, at work, in romantic relationships, in everyday interactions.

- Imagine standing in line at the supermarket with a sandwich when someone with a cart full of groceries cuts in front of you.
- You're in a rush to get back to work, but you can't bring yourself to say anything.
- You let them go and found yourself late for a meeting you really couldn't afford to miss.

6. *You belittle yourself:* people often set much higher standards for themselves than they do for others. When you don't meet these standards, you can give yourself some pretty harsh feedback.

- I can't do anything right!
- I won't make it so why should I care?
- I really failed!
- I'm horrible at this!

Whether you criticize yourself in front of others or have a habit of speaking negatively about yourself, the same can happen because your words can eventually be taken as the truth.

Believing these reviews can foster a destructive attitude and prevent you from wanting to try again. In the long run, you might give up before you even start.

What are the causes?

Self-sabotaging behaviors are often the cause, as they are deeply ingrained and difficult to recognize. Once you identify them, notice how hard it is to accept them.

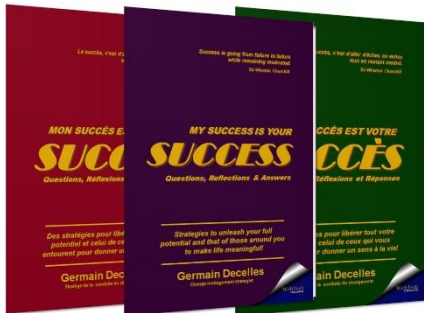


However, remember that by recognizing these behaviors, you will have taken the first step towards changing your attitude.

Also, remember that you don't have to do this alone. Friends and loved ones and trained therapists can all offer support.

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