



## Reducing Self-Defeating Behavior

Self-defeating behaviors are things that we do that get in our way and damage our personal lives, and our relationships. Use this form to help you discover and resolve your self-defeating behaviors. This can be a difficult process to accomplish without facilitation. If you need help, this is what I do. Contact me at [oureemotionallife.com](http://oureemotionallife.com)

Identify the self-defeating behavior
What is the trigger for this behavior?
Describe this behavior.
What is the consequence of behavior?
How could you replace this behavior?
List new positive consequences of this new behavior.
How do you intend to practice this new behavior?
Will you accept this behavior?