

Self Defeating Behaviors

Behavior	Never	Seldom	Sometimes	Often	Always
I waste time.					
I avoid working toward a goal by doing meaningless things.					
I get physically ill when I have something to do.					
I change the subject when I am uncomfortable.					
I avoid emotional intimacy.					
I don't look people in the eye.					
I communicate indirectly.					
I distract myself during conversations.					
I overeat.					
I use substances to numb or stimulate myself.					
I shop too much – or I shop to distract myself.					
I lie to cover up or impress people.					
I am disorganized.					
I am generally late to appointments.					
I put myself in risky situations.					
I fail to plan ahead.					
I "forget" to make important phone calls.					
I have excessive debt.					
I have more things (clothes, shoes, electronics, etc.) than I need.					
I forget important things.					
I remain in self-destructive situations or relationships.					
I don't believe I can change.					
I go along with the plans of others even though it might be harmful to me.					
I take on more than I can handle.					
I don't ask for help or I ask for help from the wrong people.					
I believe things have to be perfect.					
I believe I should be perfect.					
I believe I am special or unique.					
I am impatient – I want things now.					
I take on more than I can handle.					

This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.

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