

## FLESHLY BEHAVIORS

### Be self-absorbed

become overly introspective  
feel sorry for myself  
get depressed  
beat up on myself  
play the role of victim/martyr  
focus on my suffering to get attention and sympathy  
be jealous of another's success and happiness

### Withdraw (isolate myself)

be aloof (pull away)  
distance myself from others  
avoid others (be a loner)  
go into a shell  
become unapproachable  
give them the silent treatment  
refuse to communicate

### Escape (pain/pressure) by using:

promiscuity      carousing  
drugs and alcohol      talking  
staying busy      school  
hobbies/games      reading  
computers      fantasy  
television      movies  
pornography      sleep  
overeating      religion  
work/career      sex

### Be anxious (worry and fret)

be fearful (apprehensive)  
lack peace and rest  
become paralyzed (numb)  
be paranoid (overly suspicious)  
refuse to see the positive  
assume the worst

### Seek guidance from:

astrology/horoscopes,  
fortune telling and/or  
the occult

### Be self-disciplined (self-reliant)

base acceptance of self and others on performance  
become a perfectionist  
try hard so as not to fail  
fear making mistakes  
be legalistic:  
    live "by the book"  
    feel obligated (have to, should, ought to)  
    be too hard on myself/others  
    set unrealistic standards for myself/others

### Become obsessed with:

accomplishments  
recognition/status  
acquiring material things  
what others think of me  
how I look physically  
my physical health  
the past (especially past hurts and failures)  
a devotion to a cause

structure, order and regulations

### Become dominant

be dictatorial (bossy)  
be demanding (pushy)  
be overbearing (controlling)  
intimidate others

### refuse to give in **Stay in control** through:

blackmail (making threats)  
manipulation (use of guilt, pity, silence, flattery, etc.)  
coercion (physical threats)  
profanity (swearing)  
passivity (playing helpless)  
not eating (anorexia/bulimia)

### Lack compassion, gentleness

understanding, kindness, love,  
become defensive

### Be self-righteous (self-justifying)

make excuses (rationalize)  
cover up and hide mistakes  
have to prove my point  
assume I am never the problem  
blame someone or something else as the problem  
avoid taking responsibility for failure or problems

have difficulty: apologizing, admitting I was wrong, asking for forgiveness, asking for help, and/or expressing gratitude  
have a superior attitude (saying in effect):  
    "I know what is best"  
    "My way is the right way"

### Be critical (judgmental)

find fault with others, myself and everything around me  
nit-pick things to death  
be prejudiced (intolerant)  
complain a lot (nothing is ever good enough)

### Be self-assured (self-confident)

depend on myself instead of God or others  
become proud (haughty)  
be egocentric  
brag (be boastful)  
become arrogant (cocky)  
become conceited (smug)

### Come across as insensitive,

uncaring, unsympathetic, indifferent or unconcerned

### Be complacent (nonchalant)

say things like, "it's okay" or "it doesn't matter."

• **pessimistic** (negative)  
 lack confidence and optimism  
 • skeptical (suspicious)  
 distrust others, myself, God,  
 church and/or government  
 expect the worst  
 never pleased with self  
 • others  
 never be satisfied or content

**become hostile**

• unfriendly  
 • sarcastic (caustic)  
 • cynical (contemptuous)  
 • hateful (mean-spirited)  
 • cruel (malicious)  
 give a quick temper  
 rant and rave to vent my anger  
 • physically abusive  
 • verbally abusive  
 speak things

**hold a grudge** (be resentful)

• become moody (sulk)  
 harbor bitterness  
 • unforgiving  
 keep a scorecard of offenses  
 try to get even (seek revenge)  
 want others to fail or get hurt  
 diminish myself or others

**be dishonest**

misrepresent the situation  
 gossip (talk behind their back)  
 engage in passive-aggressive  
 behavior: use humor to hide  
 real feelings, forget things,  
 refuse to communicate, be  
 late, procrastinate, etc.)

**Be self-deprecating**

assume I am always the problem  
 become overly apologetic  
 be too hard on myself  
 uncomfortable with success  
 have difficulty receiving: love,  
 compliments, forgiveness  
 be unable to forgive myself

**Challenge others**

resist authority  
 be uncooperative (inflexible)  
 be unteachable (close-minded)  
 cause dissention (strife)  
 be irritating (aggravate others)  
 be argumentative  
 be stubborn (unyielding)  
 be unreasonable

**Deny reality**

ignore problems and hope they  
 will go away  
 deny anything is bad or wrong  
 be subjective  
 deceive others and myself  
 lie to self and others  
 exaggerate (overstate matters)  
 play games to hide real intent

**Put up a front**

hide what I really think  
 pretend  
 try to impress others  
 and/or get attention  
 fake it (act like I know something)  
 be pretentious (phony, unreal)  
 be superficial (never let anyone  
 get too close)

**passive** (lack initiative)

give up too easily (give up)  
 don't take chances  
 wait for someone to tell me how  
 to think and what to do  
 fluctuate (be too changeable)  
 indecisive  
 avoid failure at all costs  
 procrastinate (put things off)  
 irresponsible (unreliable)  
 apathetic (apathetic, lethargic)

**tense** ("on guard")

find it hard to relax  
 restless  
 become impatient  
 easily agitated

**become emotionally insulated**

avoid intimacy  
 have difficulty expressing  
 feelings and opinions  
 suppress (stuff) emotions  
 inhibited (restrained)

**be ruled by my feelings**

believe that truth is what I feel  
 too sensitive to criticism  
 hypersensitive  
 touchy (irritable)  
 controlled by fear, anger,  
 doubts and insecurities  
 automatically read in rejection

**be a pleaser** (be nice)

try to keep everyone happy  
 avoid conflict/keep the peace  
 do what I think others want  
 overly submissive

have difficulty saying "no"  
 can't stand up for myself  
 afraid to disappoint others  
 give in to others too easily

**Be a caretaker** (rescuer)

be overprotective  
 be overly responsible  
 become too involved with  
 other's affairs/concerns  
 be possessive (too invested)  
 talk too much and listen poorly  
 make decisions for others

**Be too serious** (intense)

be overly analytical  
 not be able to have fun  
**lack joy or life**