

THE THINGS YOU DO THAT MESS YOU UP

CHECKLIST - SHEET 1

ARE YOU:

TICK BOX

DRINKING
TOO MUCH

To improve how you feel
or how you sleep.

EATING FOR
COMFORT

It's called
'comfort eating.'

SPENDING
TOO MUCH

It's called
'retail therapy.'

TAKING
RISKS

You can cause yourself
real damage.

SELF-
HARM

It doesn't help for long.

BEING
CLINGY

It pushes people away.

LASHING OUT
AT PEOPLE

It can leave you
feeling so alone.

BULLYING

It's not really strong.

SHOP-
LIFTING

It's not too exciting
getting a criminal record.

HIDING
AWAY

Spirals down so you
lose more & more
confidence.

THE THINGS YOU DO THAT MESS YOU UP

CHECKLIST - SHEET 2

ARE YOU:

TICK BOX

BEING IMPULSIVE ABOUT IMPORTANT THINGS

Example: resigning a job without really thinking it through.

SETTING YOURSELF UP TO FAIL/BE REJECTED

Doing things that prove you are bad, useless, or a failure.

BECOMING A TV/INTERNET ADDICT

It's no substitute for real relationships.

WANTING OTHERS TO SORT OUT EVERY PROBLEM

It zaps your confidence.

DOING, DOING, DOING

You have no time for your own needs.

DRINKING TOO MUCH COFFEE/POP TO PERK YOURSELF UP

It messes up your sleep.

SLEEPING IN & NAPPING THROUGH THE DAY

You won't sleep well at night.

PUTTING THINGS OFF

Frustrating for you & others.

WORRYING ALL THE TIME

Things go round & round but problems don't get sorted.

OTHER: PLEASE WRITE ANY OTHER THINGS YOU DO THAT MESS YOU UP HERE: