

Identifying Self-Pity

Have you experienced or are now experiencing.....

1. A pervasive pattern of self-hatred
2. A pervasive pattern of resentment and grief in/with intimate relationships—pattern of ungrateful/complaining, (both or either) internally/externally
3. A pervasive pattern of avoidance of personal areas: needs, feelings, thoughts, goals, care, investment, etc.
4. A pervasive pattern of self-harm: relational, emotional, neglect/irresponsibility, over-eating, over-spending, over-sexual, misuse of substances, etc.
5. A pervasive pattern of over-focus on negativity
6. A pervasive pattern of thinking or believing (attitude), “I deserve _____ !!!”
7. A pervasive pattern of negative mood: depressed, angry, victimized, martyred, disappointed, unforgiving
8. A pervasive pattern of self-reliance and isolation: often reject the perception, judgments, knowledge of others and over-value denial based perceptions from self
9. A pervasive pattern of: thoughts=tragedies (all things are currently thought of as tragic from low tragic to high tragic)
10. A pervasive pattern of using feelings to justify actions, attitudes, choices
11. A pervasive pattern of self-doubt—provokes and justifies the continuance of pity
12. Endless activity = flight from self-pity (www.psychologistworld.com)
13. A pervasive pattern of perceived social failure (www.psychologistworld.com)
14. Self-pity = guilt = perceived spiritual failure = perceived failure of idealism (www.psychologistworld.com)
15. Self-pity = jealousy = personal failure = failure to be an individual (www.psychologistworld.com)
16. A pervasive pattern of using denial: in relationships, about self, circumstances they hear or experience, w/ responsibilities, in finances, with pleasure based behaviors
17. A pervasive pattern of conceiving and fulfilling self-made negative prophecies
18. A pervasive pattern of wasting time in obsessions, worry, re-experiencing, re-playing, internal complaints—being unproductive
19. A pervasive pattern of ruminating on one’s inconveniences (www.forbes.com)
20. A pervasive pattern of complaints not followed by action or letting go
21. A pervasive belief that, “I am weak and cannot handle difficult circumstances or painful events”
22. Feeling as though you are in a cage with a mirror (ilanelanzen.com)
23. Holding the belief in most difficult circumstances that you are stuck and need someone to save you
24. Having fun is difficult to achieve (ilanelanzen.com)

25. where one globally labels others as well as life/the world at large as harsh, cruel, unfair, or bad for treating them unjustly (<http://albertellis.org/poor-me-syndrome-pms/>)
26. One's chronic insistence that life circumstances change and others behave differently towards them as well as the whiny rehearsal of self-talk like "others and life are bad because they don't give me what I want" do nothing but self-defeat and propagate negative, unhealthy states of being. Chronic depression and unremitting rage flourish within this frame of mind. (<http://albertellis.org/poor-me-syndrome-pms/>)
27. "...Gives you an excuse not to apply yourself....It's easier to assume you're incompetent than it is to put effort in and discover that your worst fears about your abilities are true" (<http://www.cracked.com/blog>)
28. Playing the comparison game, "You get caught in a cycle of wanting what other people have, not seriously attempting to obtain it for yourself, and resenting said people for being "luckier" than you. It's as dangerous as it is dumb" (<http://www.cracked.com/blog>)
29. Feel that you're special somehow: "If feeling sorry for yourself only made you miserable, it wouldn't have the shiny allure that it does. But when you combine the ridiculous excuses you've invented for your own failings with the inaccurate lives you've built up for other people, you've got yourself the most self-destructive yet delicious combination this side of a mickey of vodka and a family-sized bag of Skittles. You've convinced yourself that other people are happy and healthy all the time, and you've convinced yourself that you're miserable through no fault of your own. So you've set up a narrative where your self-imposed suffering is noble rather than ignorant. Just by dragging yourself out of bed to the job that you hate you've achieved as much as everyone else did today, and that lets you spend your off-hours shouting drunken answers at *Wheel of Fortune*, because dammit, you've earned it. Sure, other people may wonder why you're not applying yourself, but *they just don't understand your problems, man*" (<http://www.cracked.com/blog>)
30. "Self-pity's like a cozy blanket you can wrap yourself in to keep warm, except the only reason you're cold in the first place is because you're insisting on sitting outside naked in the snow" (<http://www.cracked.com/blog>)
31. Can exhibit itself as craving. This will lead to (in the accomplished individual) in the end, getting to feel self-pity
32. Can exhibit itself as somatic complaints: pains, aches, stomach problems, sleeping problems

Self-Pity Quotes & Things

1. "The only time we waste is the time we spend thinking we are alone."
– Mitch Albom
2. "I never saw a wild thing sorry for itself. A small bird will drop frozen dead from a bough without ever having felt sorry for itself."
– D.H. Lawrence

3. "Certainly the most destructive vice if you like, that a person can have. More than pride, which is supposedly the number one of the cardinal sins - is self pity. Self pity is the worst possible emotion anyone can have. And the most destructive. It is, to slightly paraphrase what Wilde said about hatred, and I think actually hatred's a subset of self pity and not the other way around - ' It destroys everything around it, except itself '.

Self pity will destroy relationships, it'll destroy anything that's good, it will fulfill all the prophecies it makes and leave only itself. And it's so simple to imagine that one is hard done by, and that things are unfair, and that one is underappreciated, and that if only one had had a chance at this, only one had had a chance at that, things would have gone better, you would be happier if only this, that one is unlucky. All those things. And some of them may well even be true. But, to pity oneself as a result of them is to do oneself an enormous disservice.

I think it's one of things we find unattractive about the American culture, a culture which I find mostly, extremely attractive, and I like Americans and I love being in America. But, just occasionally there will be some example of the absolutely ravening self pity that they are capable of, and you see it in their talk shows. It's an appalling spectacle, and it's so self destructive. I almost once wanted to publish a self help book saying 'How To Be Happy by Stephen Fry : Guaranteed success'. And people buy this huge book and it's all blank pages, and the first page would just say - ' Stop Feeling Sorry For Yourself - And you will be happy ' . Use the rest of the book to write down your interesting thoughts and drawings, and that's what the book would be, and it would be true. And it sounds like 'Oh that's so simple', because it's not simple to stop feeling sorry for yourself, it's bloody hard. Because we do feel sorry for ourselves, it's what Genesis is all about."

– **Stephen Fry**

4. "All depression has its roots in self-pity, and all self-pity is rooted in people taking themselves too seriously."

At the time Switters had disputed her assertion. Even at seventeen, he was aware that depression could have chemical causes.

"The key word here is roots," Maestra had countered. "The roots of depression. For most people, self-awareness and self-pity blossom simultaneously in early adolescence. It's about that time that we start viewing the world as something other than a whoop-de-doo playground, we start to experience personally how threatening it can be, how cruel and unjust. At the very moment when we become, for the first time, both introspective and socially conscientious, we receive the bad news that the world, by and large, doesn't give a rat's ass. Even an old tomato like me can recall how painful, scary, and disillusioning that realization was. So, there's a tendency, then, to slip into rage and self-pity, which if indulged, can fester into bouts of depression."

"Yeah but Maestra - "

"Don't interrupt. Now, unless someone stronger and wiser - a friend, a parent, a novelist, filmmaker, teacher, or musician - can josh us out of it, can elevate us and show us how petty and pompous and monumentally useless it is to take ourselves so seriously, then depression

can become a habit, which, in turn, can produce a neurological imprint. Are you with me? Gradually, our brain chemistry becomes conditioned to react to negative stimuli in a particular, predictable way. One thing'll go wrong and it'll automatically switch on its blender and mix us that black cocktail, the ol' doomsday daiquiri, and before we know it, we're soused to the gills from the inside out. Once depression has become electrochemically integrated, it can be extremely difficult to philosophically or psychologically override it; by then it's playing by physical rules, a whole different ball game. That's why Switters my dearest, every time you've shown signs of feeling sorry for yourself, I've played my blues records really loud or read to you from *The Horse's Mouth*. And that's why when you've exhibited the slightest tendency toward self-importance, I've reminded you that you and me - you and I: excuse me - may be every bit as important as the President or the pope or the biggest prime-time icon in Hollywood, but none of us is much more than a pimple on the ass-end of creation, so let's not get carried away with ourselves. Preventive medicine, boy. It's preventive medicine."

"But what about self-esteem?"

"Heh! Self-esteem is for sissies. Accept that you're a pimple and try to keep a lively sense of humor about it. That way lies grace - and maybe even glory."

– **Tom Robbins**

5. "I let myself feel good and sorry for myself, but only for a second. Daddy always said that the most useless of all human emotions was self-pity."

– **Gabrielle Zevin**

6. "I don't want it to end, and so, as every therapist knows, the ego does not want an end to its "problems" because they are part of its identity. If no one will listen to my sad story, I can tell it to myself in my head, over and over, and feel sorry for myself, and so have an identity as someone who is being treated unfairly by life or other people, fate or God. It gives definition to my self-image, makes me into someone, and that is all that matters to the ego."

– **Eckhart Tolle**

7. "In my terms, I settled for the realities of life, and submitted to its necessities: if this, then that, and so the years passed. In Adrian's terms, I gave up on life, gave up on examining it, took it as it came. And so, for the first time, I began to feel a more general remorse - a feeling somewhere between self-pity and self-hatred - about my whole life. All of it. I had lost the friends of my youth. I had lost the love of my wife. I had abandoned the ambitions I had entertained. I had wanted life not to bother me too much, and had succeeded - and how pitiful that was."

– **Julian Barnes**

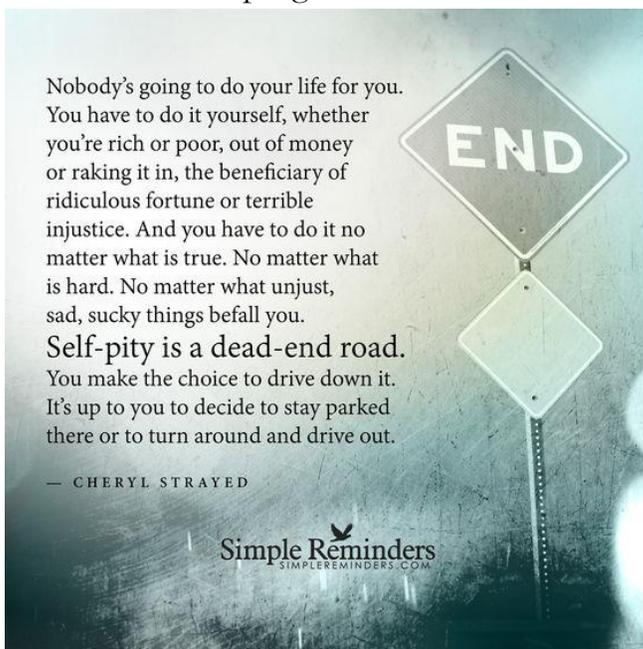
8. "It was February sixth: eight days until Valentine's Day. I was dateless, as usual, deep in the vice grip of unrequited love. It was bad enough not having a boyfriend for New Year's Eve. Now I had to cope with Valentine datelessness, feeling consummate social pressure from every retailer in America who stuck hearts and cupids in their windows by January second to rub it in."

– **Joan Bauer**

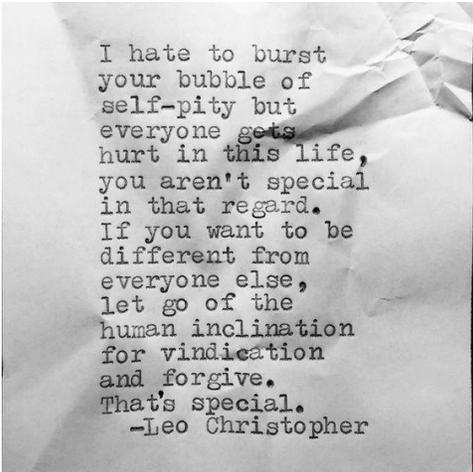
9. "Satan exploits pain by making it the central focus of the man's (or woman's) thoughts and attitudes."

– **Erwin W. Lutzer**

10. "Take a drink because you pity yourself, and then the drink pities you and has a drink, and then two good drinks get together and that calls for drinks all around."
– H. Beam Piper
11. "Fits of anger, vexation, and bitterness against ourselves tend to pride and they spring from no other source than self-love, which is disturbed and upset at seeing that it is imperfect."
– Francis de Sales
12. "No one can please a man who is not at peace with himself."
– Bamigboye Olurotimi
13. "Just because your pain is understandable doesn't mean your behavior is acceptable" Dr Steve Maraboli
14. "You can be pitiful or you can be powerful but you can't be both at the same time" Joyce Meyer
15. "You have circled this mountain long enough. Now turn North" Nicki Koziarz
Deut 2:3
16. You will never always be motivated. You have to learn to be disciplined.
Anonymous
17. "Tell the negative committee that meets inside your head to sit down and shut up" Ann Bradford
18. "If you get tired, learn to rest not to quit." -@banksy
19. "Whenever God means to make a man great, He always breaks him in pieces first." -Charles Spurgeon



20.



21.

22. "Self-pity is hoarding our sorrow instead of giving it to the Lord" -

Biblelovenotes.com



23.



24.

Self-Pity & Depression

1.

I'm drowning,
and you're standing three feet away
screaming "learn how to swim." (c.j.)

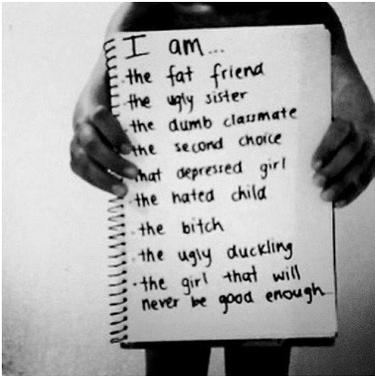
2.

823

Sometimes in bed, I start
thinking a lot. Then I end up
crying myself to sleep after
realizing how lonely I am.

your-little-secrets.tumblr.com

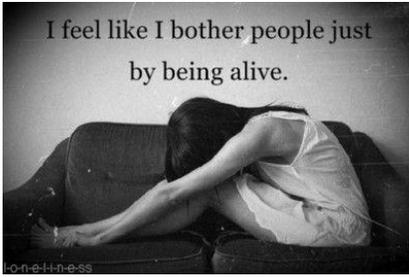
3.



#2936

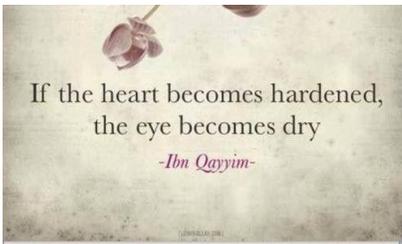
I'm the girl that suddenly stopped
talking because I felt like I was
bothering people.

4.

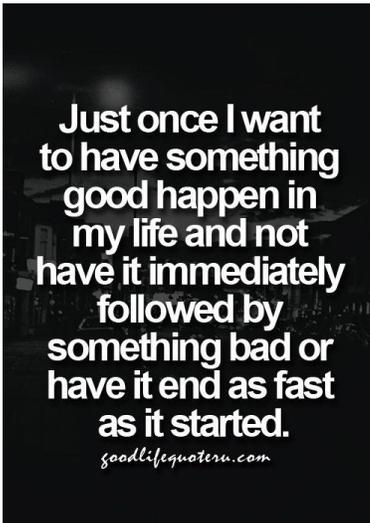


5.

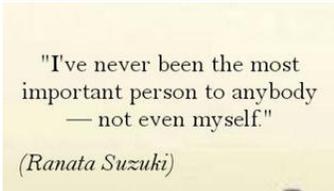
Self-Pity & Emotions



6.



7.



8.

no one
understands;
and that
hurts

oitebeenaid.tumblr

9.

I
CAN
FEEL
MYSELF
SLOWLY
FADING
FROM
YOUR
MIND

LoveHappi.com

10.

“A WOMAN IS
MOST DANGEROUS
TO HERSELF
WHEN SHE IS

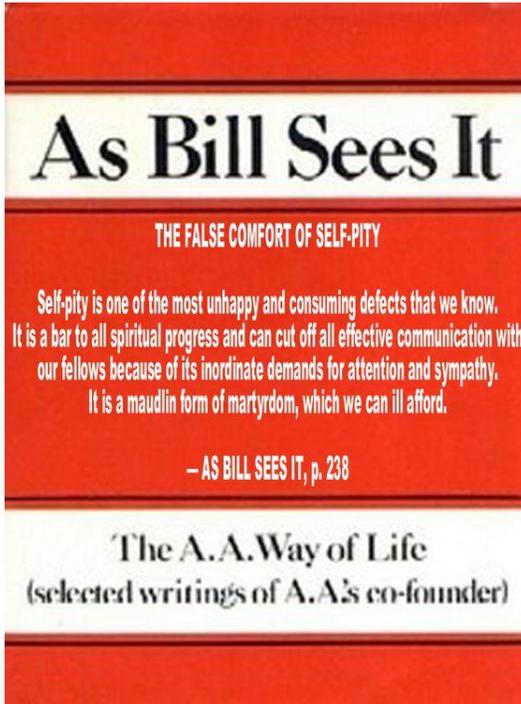
DESPERATE

TO BE LOVED”

-vanessa p a evelyn
Genesis 3:16 | April, 2004

11.

Self-Pity & Addictions



- 1.
2. “Addicts will use feelings of self pity to justify their substance abuse. One aspect of the addictive personality is that the individual subjectively feels like they are faced with a high degree of stress in their life. In reality their difficulties in life may be similar to what other people experience, but they perceive these challenges as overwhelming. This occurs when a person has not developed the coping skills to deal with the normal ups and downs in life. Alcohol and drugs offer a temporary reprieve from life, and the individual uses their self pity to justify their behavior. If this person becomes sober, and they continue to indulge in excessive self pity, it could prove to be their downfall.” www.alcoholrehab.com
3. “Once immersed fully into the victim role, most addicts and alcoholics will resemble only that of self-pity in its truest form and will be actively looking for people to feel sorry for them. We are known to dive so far into the victim role that we will do anything we can to avoid ourselves and have somebody cry the tears for us that we are no longer able to cry for ourselves. Addicts and alcoholics will make it a point to put our misery and self-doubt right out on the table so that everybody has to tip toe around us. It gets to a point where we become so caught up in talking about ourselves and how unfair life is that nobody in their right mind really wants to listen. Playing the victim role is a form of self-sabotage that exaggerates the ugly beauty life has in store for all of us. Don’t be the little piggy that cries “wee wee wee” all the way home. You’re entitled to your roast beef too.”

www.coastaldetox.com

The Rebuttal to Self-Pity

“tell yourself that life at times can be a complex, challenging series of adversities and that others have, are, and will continue to treat you poorly at times. However, also remind yourself that you have control over your own emotional well-being regardless of the injustice that occurs around you. Tell yourself that life circumstances and maltreatment by others could always be worse, that at least some aspects of your life and relationships with others are positive, and that NOBODY, including Mr. Life, HAS TO give you everything you wish for” (<http://albertellis.org/poor-me-syndrome-pms/>)

