

# Self Defeating Behaviors: Cop Out

A **cop out** is when you relieve your pain and stress with a **self-destructive quick fix** that allows you to deny, stuff, avoid or escape painful emotions and problem solving.



**Self-sabotage and self-defeating behaviors** create problems in your life. These **Bad Habits and Addictions** mess up your life with negative and harmful consequences.

## Bad Habits

## Addictions

### Habitual:

Complaining, blaming, worrying

**Excessive** working, spending, shopping, television, & media eating/obesity/ food addiction.

### Dysfunctional relationships:

Gossip, co-dependence (obsessing about other people's behavior and thoughts)

betrayal, affairs, excessive porn

**Rage addiction:** yelling, screaming, tantrums, verbal/physical abuse, violence

**Substance abuse/addiction**

**Self-mutilation**

**Sexual addiction**

**Crime**

**You choose your response. Cope or Cop out?**

**Are you living your best life?**