

12 Steps for Breaking the Affirmation Addiction

1. Consider the source— does that person’s opinion really matter?

2. See the big picture— what else is happening outside of your interaction?

 3. Question the motives— what’s the other person’s agenda?

 4. Check your sanity— ask a trusted source if the criticism is valid.

5. Take baby steps— take one little step at a time to build self-confidence.

6. Trust your gut— challenge the feedback if you know it’s not true.

7. Filter it out—listen to the valid criticism and ignore the rest.

 8. Shift your focus— focus on the positive 99% not the negative 1%.

 9. Keep track— keep a Brag Book as a way to remember all the good news.

10. Laugh it off— don’t take every comment and remark so seriously.

11. Toughen up— business isn’t always kind and you can’t be so sensitive.

 12. Celebrate yourself— don’t wait for someone else to say “good job”.

Cohen, Aimee (2014-06-24).Overcome the 7 Deadly Sins that Sabotage Your Success (pp. 85-86). MorgJamesPublishing. Kindle Edition.