

Journey Forward Workbook Video Series HEALTHY VS UNHEALTHY BEHAVIORS

You may be a bit perplexed about unhealthy versus healthy behaviors. In my work I have noticed many people share similar behaviors. The following are some examples of unhealthy vs healthy behavior:

UNHEALTHY



HEALTHY

Being late

Being on time

Telling people what to do and how to do it when they are capable of figuring it out on their own

Letting them ask for help if they want it

Not listening

Listening and being fully present

Believing you know what others are thinking

Asking questions to find out

Not being honest about your own thoughts or feelings

Letting others know your true thoughts and feelings

Trying to be a people-pleaser so you will be liked

Being yourself regardless of other's judgments

Expecting perfection from yourself and others

Accepting yourself and people where they are

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UNHEALTHY



HEALTHY

Worrying

Letting go of things you cannot control

Never changing

Working on creating healthy change

Generally second-guessing what people say

Believing people

Judging others

Seeking to understand others

Believing the worst about yourself

Seeing your potential

Seeing only the negative side of situations/life

Seeing the pros and cons

Letting others dictate how you feel

Owning your feelings and responses to people and events

Placing your value and worth in others' opinions of you

Standing firmly in the magnificence of your existence

Not doing what you say you will

Doing what you say you will