

Quiz

How well do I know me?

A) Do you

Avoid situations, people or social events that make you uncomfortable ☐

Give up part way through a task or give up before you have even started ☐

Do you put off doing things? (Called procrastination) ☐

Avoid making decisions (they might be wrong!) ☐

B) Do you

Try to please people all the time ☐

Try to be in control most of the time ☐

Work hard at what you do ☐

Are you competitive ☐

Do you get angry with yourself if mistakes happen or things don't go as planned ☐

Do you get angry with other people if mistakes happen or things don't go as planned ☐

C) Do you?

Hide parts of 'you' that you think other people won't like ☐

Do you try to please other people by fitting in with their ideas or beliefs ☐

Do you find yourself agreeing with other people even when you don't agree ☐

Do you make jokes about yourself that can be negative ☐

D) Do you?

Need or look for positive reassurance from others ☐

Get people to do things for you as you think they will make a better job of it ☐

Do you put yourself 'out there' in risky or dangerous situations - particularly if it will make people laugh ☐

E) Do You

Feel that what you have to say is less important or less valid than what other people think ☐

Do you worry about upsetting other people and worry about bad stuff happening ☐

Do you avoid sharing your opinions or feelings ☐

Do you find it hard to say 'No' to other people ☐

Do you find yourself saying things like 'I might be wrong or it's only my opinion' ☐

Do you put yourself down by making jokes about yourself? ☐

F) Do you

Make fun of other people's feelings (even as a joke) ☐

Or dismiss their opinions or ideas as rubbish or worthless ☐

Can you be verbally abusive or shout at others ☐

Demand things are done your way (because you have better ideas) ☐

Are you quite 'loud' (or do other people tell you that you are?) ☐

Quiz

Box A

Avoidant behaviours

Avoidant people believe that if they avoid certain things, it might reduce their feelings of discomfort, or if they avoid certain things, it will stop bad things from happening.

They have the attitude or belief that it is better not to try or not put in 100% than try their absolute best and still fail.

Behaviours include

Avoiding situations that make them uncomfortable, like seeing certain people, or social events, making decisions, certain tasks, giving up part way through a task or before they've even started! And they put off doing things (procrastinate).

Box C

Hiding behaviours

People who 'hide' aspects of themselves they think others may not like. Things such as their 'real' appearance, (i.e. be something or someone they are not).

They hide their beliefs, likes and dislikes, and their abilities, their sexual orientation, and/or their religious beliefs.

Behaviours may include

Pleasing other people and fitting in with others, they try to make themselves more loveable and likeable by agreeing with others even if they don't agree with them. They often make jokes at their own expense hoping to avoid rejection, criticism, or negative judgements. They may pretend to be something they are not.

Box B

Perfectionist behaviours

Perfectionists believe that if they can be perfect and achieve perfection, they will feel better about themselves. Their belief is that being perfect will stop bad things happening. They may also believe deep down that being perfect will make their life better.

Behaviours include

Trying to please people all the time. Trying to be in control 100% of the time, working excessively hard at everything they do, they are overly competitive, and they can get angry with themselves and others if mistakes happen or things don't go the way they had hoped or planned.

Box D

Attention seeking behaviours

Those in need of attention need positive reassurance and compliments from others about their abilities.

Only other people can make them feel better about themselves.

Behaviours include

They may seek sympathy from others as their belief is it will make them feel better. They get other people to do things for them, as they believe they are incapable (though they aren't).

They might need to prove themselves to other people and will put themselves in risky or dangerous situations, seeking the attention they crave to feel good about themselves.

Quiz

Box E

Passive

Passive people believe that their rights are less important than other peoples, they doubt themselves and their abilities.

They think themselves to be unworthy, and that their opinions, needs and feelings are less important or valid than other people's.

They worry about upsetting others.

Behaviours include

Avoiding sharing your opinions, or expressing your feelings, wishes or saying what you need. They try to please others all the time and find it hard to say 'no' to others when they really want to.

They may say things like 'I might be wrong, or 'it's only my opinion' or say things like 'it doesn't matter' as they try to avoid any kind of disagreement or conflict.

They may put themselves down, making jokes about themselves or laugh at themselves.

Box F

Aggressive behaviours

Aggressive people sometimes overcompensate or hide their low self-esteem by being aggressive.

These people can blame other people for the negative way they feel about themselves.

They might be defensive as they can't cope with the idea that people may view them in any negative way. They can be jealous of others.

Behaviours include

Treating others with disrespect, putting other people down, they can be verbally abusive or shouting at others.

To them, their opinion is the most important, so they often push it on others. They often demand their own way and can be physically aggressive or threatening. They may make fun of other people's opinions, thoughts or feelings and take their anger or frustration with themselves out on other people.

Their body language can be aggressive too, with fist clenching and being loud as examples.