

Worst Tendency Reversal

We all have that one negative personality trait that — if not held in check — destroys our own lives, as well as the lives of the people whom we love the most. For a better relationship, you need to be the master of your worst impulses. You're your toughest enemy. But you are also your strongest ally.

Master yourself. Turn the bad into the good.

What is my worst quality / trait / behavior pattern?

What do I feel too much or too little of when this happens?

What do these emotions prevent me from doing that I should be doing?

What should I be doing instead when my worst behavior pattern surfaces?

Does this affect other areas of my life? My friends, family, or career?

How can I train myself to overcome this behavior? What's my next step?

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What is my worst quality / trait / behavior pattern?

I easily get irritated and lose my temper too fast. I don't think before speaking and respond to my first impulse of anger. I often get loud and scare / frustrate my ex. I create confrontations that could be avoided.

What do I feel too much or too little of when this happens?

I feel impatient. Like I need to respond the situation before the situation controls me. I feel too much pressure and too little re-assurance that it's OK to first process what's going on. I don't feel like I am safe to passively assess a situation.

What do these emotions prevent me from doing that I should be doing?

I don't take a mental break. When I get into a disagreement, I escalate too quickly. I get on the defensive/offensive. I should listen first and analyze how my anger makes me feel. I prevent myself from expressing my frustration without aggression.

What should I be doing instead when my worst behavior pattern surfaces?

Say "I need some time to think about this. I want to make sure I understand how I feel about this. Can you give me 10 minutes?" ... Or say "Can you give me some time to think? I'll go on a walk, take a breather, and reflect on it"

Does this affect other areas of my life? My friends, family, or career?

My anger is how everyone sees me, not just my ex. I'm angry with everyone. If I can't even be calm with the average person, how could I ever be calm around someone who invokes strong emotions within me?! My anger also keeps people at a distance

How can I train myself to overcome this behavior? What's my next step?

Read a book on anger management. Journal my emotions at the end of the day to reflect on them. Force myself with the next confrontation to say "I don't know how to answer this right now. Please give me some time."