



Proactive Behaviors & Fear-Driven Responses

- Say “I don’t know” when you don’t
- Give a compliment
- Ask for help
- Take a cooking class
- Meditate
- Learn a new sport
- Put emotional boundaries in place
- Be honest
- Stand out in a crowd
- Create something
- Confess your blunders to a friend
- Take the class you have been putting off
- Say no when you mean no
- Breathe
- Accept a compliment
- Make a healthy food choice
- Take a break
- Get enough sleep
- Give a gift for no reason at all
- Speak so others can hear you
- Stargaze
- Pet the cat / dog
- Smile at a stranger
- Give yourself an empowering treat
- Cultivate good friends
- Make a daily checklist
- Do something kind for yourself, then someone else
- Keep a journal
- Ask for something you want
- Appreciate the weather rain or shine
- Share your interests with others

- Listen to music
- Take a mental vacation
- Risk embarrassment
- Clean the bathroom
- **Hire a coach**
- Go to the grocery store with a list
- Attend a craft fair
- Be considerate in traffic
- Watch a comedy
- Forgive yourself (or another)
- Throw a dinner party
- Say you're sorry
- Speak the truth
- Stand for your convictions
- Brainstorm
- Exercise
- Listen to your heart
- Get professional help
- Initiate a conversation
- Plant some flowers
- Complete the task in front of you
- Sing out loud
- Dance
- Let someone else go first
- Doodle
- Paint a wall
- Walk the dog
- Wear something daring
- Cry
- Pamper yourself
- Listen to the birds
- Send a love note
- Smell a flower
- HUG – a lot!
- **Pray**
- Take a nature walk
- Flirt
- Hit a pillow
- Attend a recital
- Spend time alone
- Write five acknowledgements
- Ask questions

- Change your mind
- Lie on the grass
- Be willing to be wrong
- Focus on a hobby
- Get (or give) a massage
- Knit
- Eliminate silent contracts
- Do research on the web
- Take a bath
- Join a dating service
- Obtain knowledge
- Express gratitude
- Run through the sprinklers
- Adjust your standards
- Focus on one thing at a time
- Renegotiate your agreements
- See another's point-of-view
- Check in with a friend
- Visit a museum
- Get out of your own way
- Practice the art of conversation
- Break your own rules
- Say hello to everyone you encounter
- Read a book
- Be interested
- **Follow your intuition**

Fear-Driven Responses:

- Being a people pleaser
- Emotional drama junkie
- Isolating
- Avoiding eye contact
- Self-pity
- Blaming
- Drinking too much
- Compromising yourself
- Whining
- Shopholism

- Exercise addict
- Negative attitude
- Being promiscuous
- Being right no matter what
- Sleeping too much
- Arguing with anyone about anything
- Procrastination
- Apologizing for everything or never apologizing
- Escapism
- Moving to get away from problems
- Secretly punishing yourself
- Name-calling
- Gambling
- Taking everything personally
- Lying and pretending
- Cheating
- Being manipulative
- No time for self-care
- Shoplifting
- Staying in an Internet chat room until 3:00 a.m.
- Smoking
- Putting yourself last
- Refusing to be accountable
- Surfing channels on the TV until all hours
- Complaining
- Insomnia
- Giving up
- Defensiveness
- Denying personal preferences
- Crying uncontrollably
- Doing drugs
- Physical abuse to yourself
- Bulimia or Anorexia
- Negative self-talk
- Doing things, you don't want to do
- Kicking the dog / cat
- Comparing yourself to others
- Making jokes about yourself
- Forgetting your commitments
- Constipation / Diarrhea
- Headaches / Migraines
- Workaholism

- Stomachaches
- Eating disorders
- Shutting down
- High blood pressure
- Verbal abuse to yourself or others
- Making excuses or complaining
- Saying yes when you want to say no
- Making a preemptive strike on others
- Endless daydreaming
- Hating your body or yourself
- Being irresponsible
- Intentional sleep deprivation
- Overeating
- Ignoring your needs
- Perfectionism