

THE THINGS YOU DO THAT MESS YOU UP



Are you:

Check here
if you have
noticed this—
even if just
sometimes

Drinking too much	To improve how you feel - or improve how you sleep	<input type="checkbox"/>
Eating for comfort?	It's called 'comfort eating'	<input type="checkbox"/>
Spending too much	It's called 'retail therapy'	<input type="checkbox"/>
Taking risks	You can cause yourself real damage	<input type="checkbox"/>
Self-harm	It doesn't help for long	<input type="checkbox"/>
Being clingy	It pushes people away	<input type="checkbox"/>
Hitting out at people	It can leave you feeling so alone	<input type="checkbox"/>
Bullying	It's not really strong	<input type="checkbox"/>
Shop-lifting	It's not too exciting getting a criminal record	<input type="checkbox"/>
Hiding away	Spirals down so you lose more & more confidence	<input type="checkbox"/>
Being impulsive about important things	e.g. resigning a job without really thinking it through	<input type="checkbox"/>
Setting yourself up to fail / be rejected	Doing things that prove you are bad, useless or a failure	<input type="checkbox"/>
Becoming a TV / Internet addict	It's no substitute for real relationships	<input type="checkbox"/>
Wanting others to sort out every problem	It saps your confidence	<input type="checkbox"/>
Doing, doing, doing	You've no time for your own needs	<input type="checkbox"/>
Drinking too much coffee / cola to perk yourself up	It messes up your sleep	<input type="checkbox"/>
Sleeping in and napping through the day	You won't sleep well at night	<input type="checkbox"/>
Putting things off	Frustrating for you and others	<input type="checkbox"/>
Worrying all the time	Things go round and round but problems don't get sorted	<input type="checkbox"/>



Other: please write any other things you do that mess you up here: