

Negative Patterns Are Hard to Break

Because they developed when our brain was growing its first few layers of wiring, negative patterns and bad habits fueled by unresolved FOO issues are usually incredibly difficult to change. When behaviors that are learned early for coping with difficult events or trauma are frequently repeated, they grow into thick neuronal networks. Over time, these coping mechanisms morph into habitual patterns that yield negative results in adulthood.

For example, escaping from family chaos by smoking marijuana as a teen may blossom into full-blown addiction as an adult. Taking on parenting duties as a child because of a parent's death might progress into over-controlling your own children as a parent. The list below includes a few more examples of hard-to-break habits.

Hard-To-Break Negative Patterns

- Feeling less than or different from others
- Addictive or compulsive behaviors
- Choosing unavailable or abusive partners
- Pushing away others with harsh criticism
- Being suffocatingly needy
- Compulsive lying or cheating
- Impulsive aggression or controlling behavior
- Feeling unsure of identity or authentic self
- Chronic indecision or second guessing self
- Minimization of your own thoughts, feelings, wants, needs
- Consistently putting others needs first at your own expense
- Chronic denial or minimization of issues
- Negative self-judgment, self-flagellation
- Chronic guilt or guilt beatings
- Tolerating inappropriate behavior of self and/or others
- Constantly seeking approval
- Difficulty with intimacy and vulnerability
- Reactivity and defensiveness
- Loyal to a fault
- Destructive use of distraction, numbing, chronic dissociation
- Overreacting to loss of control
- Impostor syndrome, internalized fear of being exposed as a fraud
- Confusing love with pity
- Rigid and perfectionistic expectations of self and others
- Controlling or over-functioning for others
- Becoming overly dependent
- Playing the victim or becoming overly sensitive