

## Twelve Ways We Undermine Our Closest Relationships

- 1. I Don't See Myself As I Really Am
- 2. I Fail to Pay Attention to My Limitations
- 3. I Resist the Season of My Life
- 4. I Discount the Cost of Negative Relationships
- 5. I Justify My Poor Choices
- 6. I Avoid the Pain of Reality
- 7. I Minimize the Power of My Emotions
- 8. I Deny the Impact of the Past
- 9. I Don't Recognize My Self-Sabotaging Mindsets
- 10. I Think I'm the Exception to the Rule
- 11. I Allow My Strengths to Become Weaknesses
- 12. I Lose Sight of the Big Picture

