

Five Killer Obsessions That Are Ruining Your Life

Letting go of these 5 obsessions will do wonders for building your self-esteem and improving your relationships. Are you obsessed with...

The Approval of Others



Can't make a decision without considering what your mother or BFF would say?

Do you shy away from new growth opportunities because you imagine the criticism of others?

Your obsession with their approval means you've put the key to your happiness -- and independence -- in someone else's pocket.

Do you never miss a chance to correct or critique? Do the shortcomings of others really get to you?

Your obsession with other people's faults may be just your way of not addressing your own.

Most people just don't have great skills in sensitivity, patience, or communication. Cut them some slack and focus on your own improvement.

The Imperfections of Others



The Tyranny of NOW

You're obsessed with immediacy. Got a problem or disagreement? You can't stop until it's solved, or slipped into a coma.

Nothing is so urgent that it can't be improved by sleeping on it, praying about it, thinking on it. Give yourself, and others, time to breath and process.

Being Right

You're obsessed with winning every argument, or go to great lengths to rationalize, excuse, or blame to win the battle of who's right. If you've grown up with too much criticism, being wrong means you may feel undervalued.

Learn to say "I may have made a mistake!" Conceding a battle doesn't mean you lose respect or self-esteem.



Being In Control

News Flash! You can't always insist that you know best. Our lack of trust leads us to over-monitor and over direct. We're convinced that things won't go well unless we're in charge.

Nothing causes so much resentment as an over controlling spouse or parent.

