In this activity, you will explore self-defeating patterns in your life that may reveal unconscious scripts. You’re about to embark on an exciting journey into your inner world! There you can discover—and later revise—the invisible forces that have gotten you off course from your goals and dreams.

**1. Write about one of your self-defeating *behavior* patterns.** Choose a behavior pattern that you checked on the list or identify a self-defeating behavior that isn’t on the list but that you do often. Remember, a behavior is something someone else can see you do. Develop your journal paragraphs by anticipating questions that someone reading it might have about this behavior pattern. (Even you might have questions when you read your journal 10 years from now.) For example,

* What exactly is your self-defeating behavior pattern?
* What are some specific examples of when you did this behavior?
* What may have caused this habit?
* What undesirable effects has it had on your life?
* How would your life be improved if you changed it?

One student began by writing, “One of my self-defeating behaviour patterns is that I seldom do my best work on college assignments. For example, in my biology lab. . . .”

**2. Repeat Step 1 for one of your self-defeating *thought* patterns or for one of your self-defeating *emotional* patterns.** Once again, choose a pattern that you checked on the list or identify a habit that isn’t on the list but that you often think or feel. You might begin, *One of my self-defeating thought patterns is that I often wonder if I am smart enough to be successful in college. I especially think this during exams. For example, last Thursday I . . . Or . . . One of my self-defeating emotional patterns is that I often feel frustrated. For example. . . .*

***Student story***

1. Imagine that James Floriolli were one of your classmates. Think of at least two “On Course” concepts not discussed in this essay that could help James reach his dream job. Now, imagine having a conversation with James in which you explain in detail how he can apply these two “On Course” concepts in his life. What advice would you give him? Be as specific as possible in your response.

2. James struggles to follow through when he encounters setbacks. Sometimes we mistake temporary setbacks as personal failure. Have you ever stopped trying to succeed at something because you encountered a setback? What if you tried again? What would you do and how might you learn from your first attempt? Many famously successful people struggled early. If you have struggled in this way, describe the experience and discuss how you might improve or try again.