

**ELIMINATING
SELF-DEFEATING
BEHAVIORS
SYSTEM**

**James E. Cerio, Ph.D.
James F. LaCalle
James P. Murtha**

Eliminating Selfdefeating Behaviors System

Clifford Lane



Eliminating Selfdefeating Behaviors System:

Eliminating Self-defeating Behaviors System James E. Cerio, James F. LaCalle, James P. Murtha, 1986 This book takes a cognitive behavioral approach to help readers learn a strategy for eliminating their self defeating behaviors It allows readers to move logically through a complete system for eliminating such behaviors Unit 1 presents an introduction to the book and explains how to use it It is recommended that readers read the text and attempt the activities from Units 2 through 6 in the order in which they are presented Suggestions are given for use of the book by individuals participants in Eliminating Self Defeating Behaviors ESDB System workshops students counselors and trainers of employees in business and industry For ESDB workshops a six session workshop schedule is recommended Unit 2 deals with the SDB self defeating behaviors circle Unit 3 describes the Thoughts Exit Unit 4 explains the Actions Exit and Unit 5 discusses the Feelings Exit The final unit directs the reader toward self enhancing behaviors ESDB strategies are reviewed ESDB strategies for self enhancing behavior are identified and places where readers can turn for help are provided Throughout each unit sample activities are presented as they have been completed by two fictitious people who have tried to eliminate their self defeating behaviors by using the book These sample activities follow each activity that the reader is to complete and are presented as models or examples NB

Self-Defeating Behaviors Milton R. Cudney, 1993-01-01 A guide to freeing ourselves from the inappropriate and crippling behaviors that sabotage our success

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Journal of College Student Personnel, 1987

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