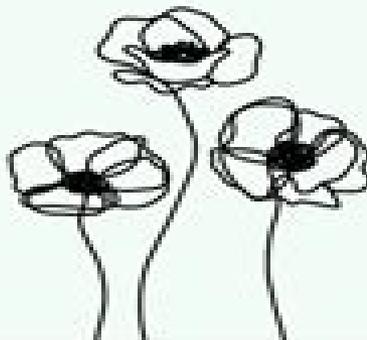


# What is Self-Handicapping in Psychology?

In simple words, self-handicapping means finding an external source to blame for their failures. Self-handicapping prevents people from negative feelings and in return hides personal growth even more.

For example, students might procrastinate on their homework or put off studying until the very last minute. Athletes might skip practice or stay up late the night before a big game.



# Handicapping By Example

**LP Steffe**



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