










Your top 3 saboteurs

Name:

Date:

Accomplice Saboteurs	Which are your top 3?
 <p>Avoider Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.</p>	
 <p>Controller Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that's not possible</p>	
 <p>High Achiever Dependent on constant performance and achievement for self-respect and self-validation. Latest achievement quickly discounted, needing more.</p>	
 <p>Hyper-Rational Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as uncaring, unfeeling, or intellectually arrogant</p>	
 <p>Hyper Vigilant Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest</p>	
 <p>Pleaser Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.</p>	
 <p>Restless Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.</p>	
 <p>Stickler Perfectionism and a need for order and organization taken too far. Anxious trying to make too many things perfect.</p>	
 <p>Victim Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.</p>	