

# AI-00099 50 signs that I am in self-destruct

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## 50 signs that I am in self-destruct

1. You consistently engage in harmful behaviors, such as drug or alcohol abuse.
2. You feel a sense of hopelessness and despair about your future.
3. You regularly engage in self-harm or other destructive behaviors.
4. You struggle with addiction and are unable to quit.
5. You feel constantly overwhelmed by stress and anxiety.
6. You have stopped taking care of your physical and mental health.
7. You have difficulty maintaining healthy relationships with others.
8. You isolate yourself from others and withdraw from social activities.
9. You have lost interest in hobbies and activities you used to enjoy.
10. You engage in reckless or dangerous behavior without considering the consequences.
11. You have suicidal thoughts or ideation.
12. You have difficulty sleeping or maintaining a regular sleep schedule.
13. You experience chronic fatigue and lack of energy.
14. You struggle with intense feelings of guilt and shame.
15. You are unable to regulate your emotions and have frequent mood swings.
16. You have difficulty concentrating or focusing on tasks.
17. You feel a lack of purpose or meaning in your life.
18. You have low self-esteem and a negative self-image.
19. You have a tendency to blame others for your problems and difficulties.
20. You struggle with feelings of anger and resentment towards others.
21. You have a history of trauma or abuse that you have not fully processed.
22. You engage in self-sabotaging behaviors, such as procrastination or avoidance.
23. You have difficulty setting and achieving goals.

24. You engage in self-destructive thought patterns, such as negative self-talk.
25. You have difficulty managing your finances and may engage in impulsive spending.
26. You have a poor diet and may engage in binge eating or restrictive eating behaviors.
27. You use substances as a way to cope with emotional pain or distress.
28. You have a history of failed relationships and may struggle with commitment.
29. You have difficulty trusting others and may struggle with intimacy.
30. You have a history of self-harm, suicide attempts, or hospitalizations for mental health issues.
31. You have difficulty regulating your impulses and may engage in risky behavior.
32. You struggle with obsessive or compulsive behaviors.
33. You have a history of mental health issues, such as depression, anxiety, or bipolar disorder.
34. You have a history of addiction or substance abuse in your family.
35. You have experienced significant losses or trauma, such as the death of a loved one or a natural disaster.
36. You have a history of legal issues or trouble with the law.
37. You have a tendency to engage in black-and-white thinking, and struggle with nuance and ambiguity.
38. You have difficulty expressing your emotions or communicating effectively with others.
39. You struggle with boundaries and may have difficulty saying "no" to others.
40. You have a history of engaging in risky sexual behavior.
41. You have a history of experiencing discrimination or marginalization.
42. You have difficulty forgiving yourself and others for past mistakes and transgressions.
43. You struggle with feelings of loneliness and isolation.
44. You have difficulty coping with change and uncertainty.
45. You engage in self-destructive behaviors as a way to cope with feelings of inadequacy or shame.
46. You have a history of impulsivity and may struggle with self-control.
47. You have difficulty accepting help from others and may be resistant to seeking treatment.
48. You have a tendency to self-medicate with drugs or alcohol.
49. You have a history of engaging in self-injury or other forms of self-harm.
50. You feel trapped in a cycle of self-destructive behavior and struggle to break free from it.

## 50 signs that you are in the wrong career or work

1. You dread going to work each day and struggle to motivate yourself.
2. You feel unfulfilled and unsatisfied with your work.
3. You experience physical symptoms such as headaches, stomach aches or exhaustion due to work-related stress.
4. You frequently daydream about doing something else or having a different job.
5. You lack enthusiasm and passion for your work.
6. You feel stuck and lack opportunities for growth or advancement.
7. You feel underappreciated and undervalued in your current role.
8. You are not challenged enough or find your work too easy.
9. You don't get along with your colleagues or boss and struggle with workplace relationships.
10. You don't feel that your skills or talents are being utilized to their full potential.
11. You don't believe in the values or mission of the company you work for.
12. You don't find your work meaningful or feel that it doesn't make a positive impact.
13. You are constantly stressed and overwhelmed by your workload.
14. You are frequently bored or disengaged at work.
15. You have to force yourself to get up and go to work each day.
16. You are frequently absent or take sick days to avoid going to work.
17. You feel unchallenged and intellectually unstimulated in your current role.
18. You have to compromise your values or beliefs to succeed in your job.
19. You feel guilty or ashamed about your job when talking to others.
20. You have difficulty maintaining a work-life balance.
21. You feel that your work is negatively impacting your personal life or relationships.
22. You are frequently passed over for promotions or opportunities.
23. You are not compensated fairly for the work you do.
24. You don't feel supported or valued by your boss or colleagues.
25. You don't feel that your work is aligned with your personal or professional goals.
26. You feel that your skills and strengths are not being utilized or recognized.
27. You have difficulty concentrating or staying focused on tasks.
28. You lack the necessary skills or experience for your current role.
29. You feel that your job is too monotonous or routine.
30. You have difficulty finding meaning or purpose in your work.

31. You frequently compare your job to others and feel dissatisfied.
32. You have to work in an environment that goes against your beliefs or values.
33. You don't feel challenged or engaged by the work you do.
34. You feel like you're just going through the motions at work.
35. You feel like you're wasting your talents or abilities in your current role.
36. You have to work in a toxic or negative work environment.
37. You frequently experience burnout or exhaustion from your work.
38. You feel that your job is too stressful or demanding.
39. You have to work in a field that is not aligned with your interests or passions.
40. You have difficulty seeing a future or career progression in your current role.
41. You have to work in a job that is not intellectually stimulating.
42. You feel that your job is too easy or repetitive.
43. You have to work long hours or weekends and feel that your personal life is suffering.
44. You feel like you're not making a difference or contributing to something larger than yourself.
45. You have to work in a job that does not provide a good work-life balance.
46. You feel that your job is too emotionally draining or takes a toll on your mental health.
47. You don't receive recognition or praise for your work.
48. You don't feel that your work is aligned with your personal values or beliefs.
49. You feel that your work is meaningless or has no purpose.
50. You feel that your