

AI-00101 50 signs that I am self-indulging

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50 signs that I am self-indulging

Self-indulgence can take many forms, from excessive spending to overeating and more. Here are 50 signs that you might be self-indulging:

1. You frequently indulge in unhealthy foods and drinks.
2. You often make impulsive purchases.
3. You have trouble sticking to a budget.
4. You frequently go overboard with alcohol consumption.
5. You spend more time on leisure activities than work or other responsibilities.
6. You have difficulty delaying gratification.
7. You often prioritize your own desires over the needs of others.
8. You frequently engage in behaviors that are detrimental to your physical or mental health.
9. You prioritize your own comfort over the comfort of others.
10. You frequently engage in activities that are excessive or unnecessary.
11. You have difficulty accepting criticism or feedback.
12. You often make excuses for your behavior.
13. You have a hard time saying "no" to yourself.
14. You frequently engage in behavior that is selfish or narcissistic.
15. You frequently seek out attention or validation from others.

16. You often ignore the needs or feelings of others.
17. You have a hard time admitting when you are wrong.
18. You frequently indulge in activities that are pleasurable but have negative consequences.
19. You prioritize your own pleasure over the well-being of others.
20. You have difficulty controlling your impulses.
21. You frequently engage in behaviors that are risky or dangerous.
22. You have a hard time regulating your emotions.
23. You often engage in behavior that is impulsive or compulsive.
24. You frequently make decisions without considering the consequences.
25. You often feel entitled to special treatment or privileges.
26. You frequently engage in behavior that is unethical or immoral.
27. You prioritize your own needs over the needs of your family or friends.
28. You frequently engage in activities that are time-wasting or unproductive.
29. You often procrastinate or avoid responsibilities.
30. You frequently engage in behaviors that are addictive or habit-forming.
31. You prioritize your own pleasure over the well-being of animals or the environment.
32. You frequently engage in behaviors that are self-destructive.
33. You have a hard time setting and sticking to goals.
34. You often lack self-discipline.
35. You frequently engage in behaviors that are wasteful or extravagant.
36. You often engage in behavior that is disrespectful to others.
37. You frequently engage in behavior that is manipulative or controlling.
38. You have a hard time taking responsibility for your actions.
39. You frequently engage in behavior that is attention-seeking or dramatic.
40. You prioritize your own needs over the needs of society or the world.

41. You frequently engage in behavior that is disrespectful to authority figures.
42. You prioritize your own desires over the well-being of your romantic partner.
43. You often engage in behavior that is dishonest or deceitful.
44. You frequently engage in behavior that is lazy or unmotivated.
45. You often engage in behavior that is reckless or impulsive.
46. You frequently engage in behavior that is indulgent or excessive.
47. You prioritize your own comfort over the comfort of strangers or acquaintances.
48. You frequently engage in behavior that is self-centered or egotistical.
49. You have a hard time seeing things from other people's perspectives.
50. You frequently engage in behavior that is self-serving or opportunistic.