

Zeina's Cost-Benefit Analysis*

List the attitude, feeling or habit you want to change: I am the sum of my achievements, and my self-esteem (i.e. my worthwhileness) depends on my achievements.

Advantages	Disadvantages
I feel great when I achieve something, like having a good therapy session with a client or making progress on my workouts.	Don't feel good when I fail or when I don't live up to my standards.
Feel good and proud of all my achievements	Even a little backsliding makes me feel bad, sad, and even annihilated
I feel motivated to work hard and achieve because it feels so good.	The daily stress and strain might, in theory at least, set me up for health problems, like headaches or elevated blood pressure
This gives me a way to measure my self-esteem.	I only feel good about positive outcomes, and don't feel good about the effort I put in
I get respect from others when I achieve.	I am afraid of failures, but failures can be a source of learning and growing
I also get respect from others because of my work ethic.	I sometimes feel sad and ashamed of all the things I haven't accomplished
Hard work can lead to greater income, status and autonomy.	I struggle when I'm trying to help clients who have the Achievement Addiction
There's no boredom. Life is exciting.	Would like to feel motivated and worthwhile regardless of how much I've achieved
I always have goals to strive for.	This mindset might make me ore critical of others, inducing my children

I always have a purpose in life.

I have a shared value system with others, since almost everybody feels that hard work and achievements make us more worthwhile as human beings.

I isolate myself—no romance

I miss out on the tremendous things that life can offer that do not involve “achievement”

I devalue more “ordinary” interactions with friends, which is sad!

I am in the “fixed” vs “growth” mindset.

