

Developing Character

1. Identify your [values](#).
2. [Act](#) in a way that is [consistent](#) with your values.
3. Identify and correct [negative](#) beliefs.

Pathological critic - Dealing with [negative](#) self-talk:

- a. [Awareness](#). Listen to the [messages](#) you tell yourself and/or allow inside your head.
 - b. [Change](#) the [tune](#). Stop. hit the off/eject button. Pick a new CD/station/etc.
 - c. Practice telling yourself the [truth](#). Surround yourself with positive/helpful messages. (Consider using flash cards.)
4. Improve your [self-esteem](#).
 - a. [STOP](#), correct and [replace](#) negative or harmful behaviors with positive, healthy ones.
 - b. Become [competent](#). Learn a new [skill](#), etc. Set [goals](#) and work towards them.
 - c. Strengthen your [work](#) ethic. Hard work and [perseverance](#) can really pay off (and it feels good to accomplish something that was challenging).
 - d. Focus on what you can control. Remember that you can't [control](#) others - stop trying. You CAN control your own attitudes, beliefs, actions and how you [interpret](#) situations.
 - e. Set reasonable [expectations](#) for yourself. Remember that no one is perfect and/or good at everything.
 - f. [Learn](#) from your mistakes and allow yourself to move on. Don't get [stuck](#) in the past.
 - g. Give back to [others](#). Stop obsessively focusing on [yourself](#).

Character - Using self-control to act on your values, standards and beliefs

Moderation - Setting limits and avoiding excess

Delayed Gratification - Voluntarily postponing an immediate reward in order to complete a task before enjoying the