

What are some of the things we have done to create chaos in our lives?

- Being chronically late or regularly late
- Overspending
- Worrying
- Controlling
- Fixing
- Agreeing to do/take on too much
- Not saying no when you know you should
- Have weak or unclear boundaries
- Giving advice - knowing what is right for everyone else
- Arguing with a drunk or an addict
- Neglecting responsibilities or relationships
- Ignoring physical problems hoping they will go away or fix themselves
- Picking a fight
- Manipulating others
- Trying to control something or someone to get the outcome you desire
- Attempting to make something (or everything) perfect
- Obsessing
- Projecting
- Wallowing in self pity
- Taking things personally
- Being a Martyr
- Ignoring important tasks like paying bills or taxes
- Lacking self-care such as not getting enough sleep
- Obsession with doing or being productive
- Judging and placing expectations
- Talking too much without speaking our truth
- Straight up lying or lying by omission
- Disconnection from our bodies
- Being in our heads all the time

Chemically and hormonally, many of us get a surge of adrenaline pumping through our bodies when we engage in these behaviors and we get addicted to that feeling.