



Ex. 1.3 Identifying and Addressing Internal Barriers



Any exploration of who you are should include an inventory of internal barriers - those blocks or stops that you use to keep yourself from being who you want to be, doing what you want to do, and having what you want to have.

Listed below are examples of some possible internal barriers. Review the list and check off any barriers that may currently be affecting your career wellness. Then, rank your top five barriers below.

Abrasive	Impatient	Self-pitying	Unmotivated
Absent-Minded	Inconsistent	Shallow	Unreasonable
Aloof	No follow through	Short tempered	Values conflict
Argumentative	Lack of goals	Skeptical	Vindictive
Boastful	Low self-esteem	Smug	Stubborn
Burnt Out	Manipulative	Overly talkative	Stingy
Careless	Moody	Paranoid	Submissive
Complainer	Narcissistic	Poor listening skills	Delayed action
Cynical	Nervous	Prejudiced	Tense
Depressed Often	Nosy	Procrastination	Thin skinned
Easily irritated	Obnoxious	Quick to anger	Timid
Fear of change	Overly aggressive	Rebellious	Avoids conflict
Lack of tact	Overly emotional	Sarcastic	Undependable
Financial stress	Selfish	Self-indulgent	

Top five potential barriers:

1. _____
2. _____
3. _____
4. _____
5. _____

Note: This exercise is an abridged version of a career checklist provided in the **Managing My Career** series.