



Problems in any one of these areas, or when there are multiple, overlapping areas combined, can result in some or all of these:

- Shame
- Guilt
- Self-criticism
- Low self-esteem
- Fatigue and lethargy
- Procrastination
- Learned helplessness
- Anxiety
- Perfectionism
- Insomnia
- Mood swings
- Compulsive or binge eating
- Chronic pain
- Substance abuse
- Overspending
- Couch potato syndrome
- Intrusive or racing thoughts
- Lack of joy
- Chronic health problems
- Afraid to be noticed
- Lack of motivation