

## **The Three Ways of Overindulging** Identified in the Overindulgence Research Study

When I was growing up,

- my parents gave me lots of toys.
- I was allowed to have any clothes I wanted.
- my parents overscheduled me for activities, lessons, sports, camps.



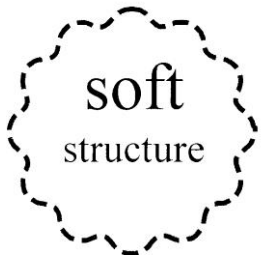
When I was growing up,

- my parents did things for me that I should or could do for myself.
- my parents were over-loving and gave me too much attention.
- I was allowed lots of privileges.
- my parents made sure I was entertained.



When I was growing up,

- my parents did not expect me to do chores.
- I was not expected to learn the same skills as other children.
- my parents didn't have rules or make me follow them.
- my parents allowed me to take the lead or dominate the family
- my parents gave me too much freedom.



## **Overindulgence Risk Factors**

- Not knowing how much is enough
- Disrespect of things and other people
- Expecting immediate gratification
- Believing one is the center of the universe

- Not knowing how much is enough
- Trained helplessness
- Confusing needs and wants
- Poor self-control
- Overblown sense of entitlement
- Expecting immediate gratification
- Believing one is the center of the universe

- Not knowing how much is enough
- Having lax boundaries
- Trained irresponsibility
- Uneven competencies
- Lack of gratitude
- Overblown sense of entitlement
- Believing one is the center of the universe

### **Risk Factors: Distorted sense of self**