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Caution: Self-Handicapping

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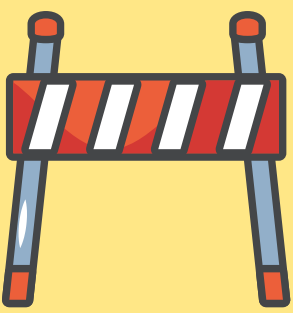
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CAUTION: SELF-HANDICAPPING



What is Self-Handicapping?

Putting barriers up to reduce the likelihood of success and protect one's self-esteem by serving as excuses for possible failure.



Why do people self handicapp?

-To protect one's self-esteem by deflecting responsibility.

-Reduces looking incompetent by providing an external explanation for failure.



How does it effect self esteem?

Having a personal failure will cause you to feel like you are being viewed as less competent and that will damage your self-esteem.



What is an example?

Someone has a big test on Friday and they choose to not study and go to a concert the Thursday before.

Result--> If they do poorly on the test they can attribute that to not studying and going to a concert.



What would they say after the test?

"Oh I could've done better if I just stayed at home and studied." This protects their self-esteem because people won't think their incompetent they just will think its because they went to the concert.



Is self-handicapping effective?

- It is intended to protect people's self-esteem.
- Not creating barriers and trying hard will actually boost self-esteem more than anything.
- The barriers don't always work from stopping people from questioning your competence.

What should they do instead?

Take that chance and put all of your effort into that preparation for any test or performance and amaze yourself!

you're doing great!

