

FACTORS THAT INTERFERE

HORMONAL IMBALANCE	Strong Emotion Social Isolation Low Frustration Tolerance
SLEEP DEPRIVATION	High Reactivity Lack Of Desire To Socialize Exhaustion And Poor Concentration Low Frustration Tolerance
FEEDING CHALLENGES	Can Create Bonding Issues With Baby Harsh Self Criticism Social Isolation
CHANGING SENSE OF SELF	Shifting Values And Goals You Don't Know What You Want Difficulty Balancing Your Needs/Wants With Others
EMOTIONS	You Have The Skill, But Emotions Control Your Actions
FORGETTING LONG TERM GOALS FOR SHORT TERM	Immediate Urges Ahead Of Future Goals
OTHER PEOPLE GET IN WAY	They Are More Powerful They May Feel Threatened Or Not Like You If You Get What You Want They May Not Help Unless You Sacrifice Self Respect
THOUGHTS AND BELIEFS	Worries About Saying No Or Asking For What You Want Beliefs You Don't Deserve It