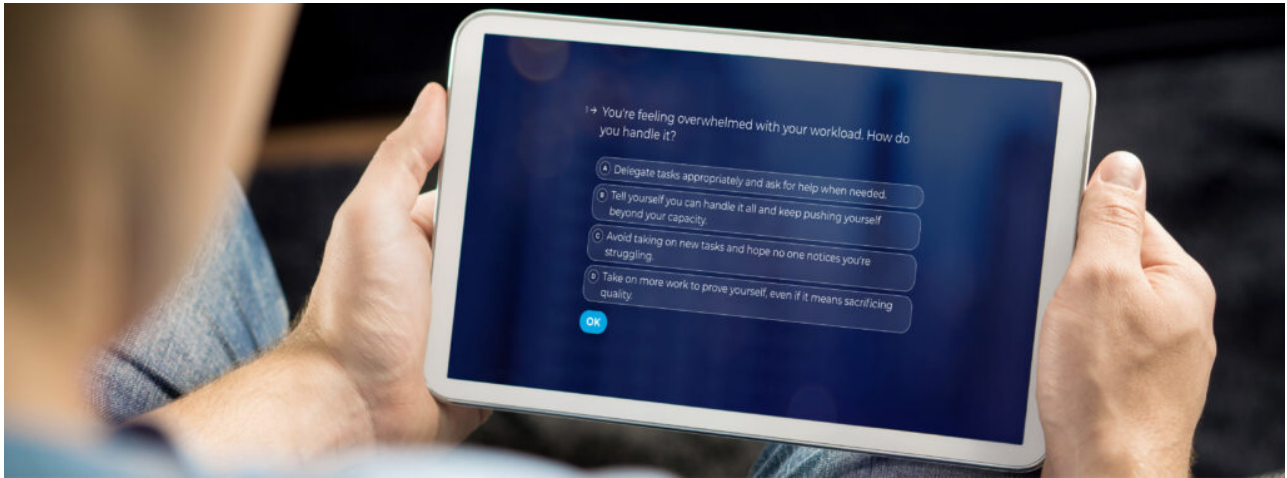# Identifying self-deceptive behaviors at work [Quiz]

We all experience self-deceptive behaviors at work from time to time. It's a normal human tendency to explain away mistakes, avoid uncomfortable situations, or hold onto positive self-images. However, in the workplace, self-deception can hinder your growth, damage relationships with colleagues, and ultimately limit your success.

This quiz will help you identify areas where you might be engaging in [self-deceptive behaviors at work](). There are no right or wrong answers—the goal is to be honest with yourself and consider how you typically approach different work scenarios.

By recognizing your tendencies towards self-deception, you can take steps to be more objective in your thinking and responsive to challenges. This can lead to improved communication, stronger relationships with colleagues, and ultimately, better performance.

Identifying self-deceptive

behaviors at work quiz

You're feeling overwhelmed with your workload. How do you handle it?

Additional self-reflection prompts

Think about your recent experiences at work and consider your typical responses to the following scenarios:

- **Giving and receiving feedback:** How do you react when you receive critical feedback? Do you actively listen and seek ways to improve, or do you become defensive or downplay the feedback's importance? When giving feedback to others, are you honest and constructive, or do you find yourself sugarcoating criticism or avoiding difficult conversations altogether?
- **Conflict resolution:** When disagreements arise with colleagues, how do you approach the situation? Do you avoid conflict altogether, even if it means letting important issues fester? Or do you tend to get defensive or aggressive when faced with opposing viewpoints?

- **Taking responsibility for mistakes:** How do you handle your own mistakes? Do you readily admit them and take ownership, or do you find yourself blaming others or minimizing the severity of the error?
- **Work-life balance:** Do you struggle to set boundaries between work and personal life? Are you constantly checking emails or working late, even when it's not strictly necessary?
- **Openness to learning:** Are you receptive to new ideas and challenges, or do you find yourself clinging to familiar methods and resistant to change?

Remember: Acknowledging your own self-deceptive behaviors at work isn't about being perfect; it's about building self-awareness, [shifting your mindset](), and constantly striving for improvement. By reflecting on these prompts and being honest with yourself about your tendencies, you're taking the first step towards greater self-awareness and a more successful work life.

The new fourth edition of Arbinger's best-selling book, Leadership and Self-Deception, explores how to break free from self-deceptive behaviors, transform relationships, and unleash results. [Order a copy today]().