



# Top 6 mistakes everyone makes

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*Weekly World News*

The average person keeps repeating the same six mistakes throughout their lifetime — but you can avoid these “carbon copy” blunders, says a top psychologist.

Here are the most often repeated goofs, according to Dr. Fredrick Koenig:

**1 REVEALING TOO MUCH OF YOURSELF TOO SOON.** This can hurt you, especially if you blab too much to a boss or co-worker you don't know well. He may conclude that you talk too much and can't be trusted with information.

“Make it a rule not to gush intimate details about yourself unless you have a solid long-standing friendship with the other person,” Dr. Koenig advised.

**2 MAKING YOURSELF LOOK GOOD AT THE EXPENSE OF OTHERS.** Don't upstage friends or co-workers and don't hog all the credit.

If you do this repeatedly, you'll make enemies — and they'll eventually find a way of stabbing you in the back.

**3 FALLING FOR THE SAME WRONG TYPE.** When a relationship ends

it's easy to enter into the same kind of relationship with another person — with the same kind of problems. When you find yourself attracted to the same type of person, stop to ask yourself, “Do I need these problems again?”

**4 TRYING TO HANDLE TOO MUCH.** You spread yourself too thin because you misjudge the amount of time you really have for extra responsibilities.

Keep a journal for a week to see how much time you spend on activities. That way you'll have a clear picture of how much time you have left for taking on more.

**5 FALLING DEEPLY INTO DEBT.** This is an easy mistake to repeat because of credit cards.

To avoid repeating this mistake, tear up your charge cards and buy only with cash, Dr. Koenig advised.

**6 TRYING TOO HARD TO IMPRESS OTHERS.** “You are more likely to impress someone if you appear a bit modest,” said Dr. Koenig.