

# Fear/Anxiety

These charts are an explanation on how to think about the columns in each area.

Column Heading	Under	Healthy	Over
Self Esteem	nothing	I think I have <u>something</u> to contribute.	tons
Pride	terrible	I think that I am doing <u>well</u> and making good decisions.	fantastic
Emotional Security	abysmal/ never	I feel that I have <u>healthy</u> range of emotions and can <u>usually</u> trust them.	excellent/ always
Pocketbook	awful	I feel that I manage and value my money in a <u>balanced</u> way.	amazing
Ambitions	horrible	I feel that I do a <u>good</u> job in pursuing and working towards my goals.	wonderful
Personal Relations	wretched	I think that I have <u>good</u> mentor, peer, and mentee relationships.	exemplary
Sex Relations	warped	I feel that I have a <u>balanced</u> view of and desire for sex.	compulsive
Selfish	rarely	I think I <u>usually</u> consider others views and feelings.	never
Dishonest	protectively/ cautiously	I feel that I speak <u>truthfully</u> and share <u>honestly</u> .	to embellish/ for attention
Self-seeking	neglectful	I think I am <u>healthy</u> in how I look after for my own interests and care.	ultra-focused
Frightened	concerning	I feel that I have a <u>healthy</u> level of fear.	False courage
Inconsiderate	silence/ isolation	I feel that I practice <u>kindness</u> and am <u>thoughtful</u> with others.	meanness/ callousness

# Anger/Resentment

Column Heading	What does this mean?
Self-reliance	I feel that I react in anger when I don't get what I want.
Self-discipline	I get angry at myself when I can't do things I want to.
Self-will	I react in anger when I am not given autonomy and independence.
Self-confidence	I get resentful when my self-confidence is threatened.
Self-esteem	I react in anger when I am made fun of and my self-esteem is threatened.
Pride	I get angry when people don't respect me, my thoughts, or my decisions.
Emotional Security	I react in anger when I feel out of control, afraid of something.
Pocketbook	I get resentful when I can't have what I want because of money.
Ambitions	I get angry when I can't pursue the things I want and value.
Personal Relations	I am resentful when people don't treat me like I want.
Sex Relations	I am angry when I don't have the sexual experiences I feel that I deserve.

# Sexual Conduct

Column Heading	What does this mean?
Was I selfish?	I think of myself only and ignore the needs and feelings of others.
Was I dishonest?	I manipulate the truth to get what I want.
Was I inconsiderate?	I am rough and think only of what I want.
Was I self-seeking?	I think of myself only and ignore the needs and feelings of others.
Was this relationship selfish?	I manipulate this relationship to get what I want.
Jealousy?	I look for threats to my ownership of this person/relationship.
Bitterness?	I punish this person by my brooding anger when they don't behave as I want.
Suspicion?	I expect to be lied to and for this person to betray me constantly.