

Defect	Life with this defect	Vision of life without this defect	Affirmations
I was really sensitive to unfairness, criticism, and rejection	I would be moody, distant, withdrawn I would keep quiet, not speak	I would be able to respond with kindness, understanding, and compassion. I would continue reaching out to those that seemingly reject me.	I am a faithful, loyal friend. I listen to criticism honestly and do not take offense.
I required an exclusive or at least priority relationship before it was acceptable to me.	I would feel and be possessive, jealous, and clingy	I would not expect to have my relationship needs met by others. I would be able to let relationships go or to adjust them to different levels without pain or drama.	I am flexible and adaptable in relationships. I do not put guilt trips on anyone nor make them endure drama.
I would withdraw and cut someone off from relationship if they didn't relate to me how I wanted them to.	I would act hurt, withdrawn, not respond, not reach out.	I would continue offering friendship along with forgiveness when wronged. I would reach out and communicate to resolve awkward situations.	I am quick to forgive and overlook faults. I am the first to apologize and make amends.
I would criticize or demean anyone or anything that did not treat me the way I wanted them to.	I would have a negative view of the injuring party. I would tease them harshly, criticize them, and try to hurt or punish them for hurting me.	I would allow someone the dignity of failing and learning a lesson. I would have compassion on someone struggling in an area and try to help them unselfishly.	I am determined and faithful to friends and support them consistently.
I very rarely would ever work to repair or mend a relationship.	I would abandon that relationship and person. I would cease caring about it or them. I would bury any emotional hurt until there was literally nothing left.	I would work towards and look for opportunities to resolve a situation, mend an offense, forgive a wrong.	I care deeply for my friends and not give up easily.
I never considered that my understanding or perspective could be wrong.	I would be opinionated, stubborn, cantakerous. I would reject other thoughts or opinions as wrong.	I would be more understanding and compassionate and circumspect in considering points of view. I would be more careful with passionate views and more gentle in my speech and statements.	I am a good listener and share cautiously.
I was afraid of the critical opinions of others.	I would not do things in front of those that might be critical. I would be quiet, withdrawn, hover on the edge of things.	I would do what I knew to be right, even if it might not be well received by the intended or those observing. I would speak up and not miss opportunities to intervene, to plead with someone to consider their actions, or to express a sentiment of support or love.	I am courageous in confronting tough issues and yet gentle in handling people. I don't let people walk away with things unsaid.
I was afraid of the unknown, what I didn't know how to do.	I would refuse to volunteer, wouldn't try new things, would quit early if something didn't work like I thought.	I would step up and over my efforts in new or unknown situations. I would learn graciously and admit to errors and ask for input and advice.	I am an eager contributor when I am needed. I am an effective and humble learner.
I experienced a lot of stress in anticipating fear about something I didn't know.	I would get stomach aches or stress headaches from tension anticipating something fearful. I would try to manage things to avoid fearful events or situations.	I would be able to handle stressful situations and make good, wise decisions. I would be able to notice distress and fear in others and comfort them because I understand.	I am calm and clearheaded in crises. I am compassionate and understanding of those in fearful or stressful situations.
I feared being laughed at, so I would not speak, not venture out, or attempt anything.	I would not get involved in games, sports, plays, or other activities that might provide an opportunity for failure and therefore ridicule.	I would be able to try new things in groups and laugh along with them at my attempts to master something unknown. I would enjoy attempting things without linking it to my value or acceptance.	I am a good sport and am able to laugh in a healthy way at myself with my friends.

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I endured cruel torment and harsh treatment with silence and would simply bury it to make the pain go away.	I would pretend to not hear, walk away, and try to erase all emotion from my face. I would suppress any emotions or feelings. My body would express it through tension, stress, headaches, or stomach aches.	I would confront bullying or inappropriate actions towards me or others with calm, but firm words of rebuke and warning.	I am a protector of those that are experiencing injustice or unfairness.
I am overly concerned with what people think of me and will modify my mood, thoughts, opinions, and even convictions if necessary, to have their approval and to avoid rejection.	I would share my opinion or thoughts until someone had a different one, then I'd be quiet.	I would feel comfortable sharing my opinion even if it differs from someone else's. I would not feel like I had to be heard or agreed with, just seek to share and understand.	I am accepting of many perspectives and am comfortable with my own positions.
I am too inwardly focused and assume and perceive everything as it relates to me. I take things personally every time and have a hard time talking myself out of the imagined criticism, rejection, or hate being screamed at me by my fear.	I read into people's intentions or motivations from their actions, remarks, gestures, expressions, or tone of voice. I will take all those clues and determine what a person feels about me without even speaking to them.	I would be able to relate to people and value them for who they are without valuing them to how they relate to me. I would be less judgmental and ask if I have questions and adjust my perceptions based on what they say.	I am friendly and ask questions so that I can accept people for who they are.