

## Selfish

- I'm playing the Director and they're/life's not following my script
- Not seeing the other person's point of view, problems or needs
- Wanting things my way/not accepting life on life's terms/resisting reality
- Wanting special treatment
- Wanting others to control or dominate
- Wanting to be the best/thinking I'm better
- Thinking others are jealous
- Wanting others to be like me
- Being miserly or possessive
- Wanting more than my share
- Reacting from self-loathing/self-righteousness
- Too concerned about me, my needs, my wants
- Trying to control how people think of/perceive me (image management)/wanting to look good and be liked

## Dishonest

- Not seeing or admitting where I'm at fault
- Having a superior attitude—think I'm better
- Blaming others or circumstances for my problems
- Not admitting where I've done the same/similarly
- Not expressing feelings or ideas/not being clear about motives
- Lying/cheating/stealing/breaking rules/hiding reality/not facing facts
- Stubbornly holding onto inaccurate beliefs such as...
- Lying to myself/telling myself things that aren't true such as... *(e.g. My serenity is dependent upon others or circumstances rather than on my relationship with my HP.)*
- Exaggerate or minimize stories, thoughts, etc.
- Being perfectionistic
- Expecting others to be what they are not
- Setting myself up to be harmed/wronged by telling myself things that aren't true such as... But the truth is...
- I know better than their HP how they need to be acting. But the truth is I have no idea how they need to be acting in order for their HP's will and purposes to be accomplished.
- I know better than God how life needs to be going and this should not be happening! But the truth is I have no clue what needs to happen in order for the Greater Good to be the end result.
- \_\_\_\_\_ must change before I can be happy, peaceful or OK. But the truth is my peace and happiness is only dependent on the Loving Presence of my HP in my life.
- I have no choice; I have to be upset over this! The truth is I do have a choice and I don't need to be upset. My response and attitude is entirely my choice, my responsibility and free will.
- \_\_\_\_\_ is the reason that I'm upset; but the truth is, **my thinking** about \_\_\_\_\_ is the reason I'm upset.
- I made it mean... But after asking my HP, the truth is...

## **Self-Seeking**

- I'm trying to play their/the HP and trying to force my will
- Manipulating others to do my will
- Comparing and acting inferior/superior
- Trying to control others or circumstances--thinking it's my job to change them!
- Engaging in character assassination (gossip)
- Holding onto a resentment
- Acting to make me feel good/force my solution, rather than surrendering to my HP's will
- Seeking myself in others
- Getting my value from other people's behavior or opinions rather than from my HP
- Seeking my security from others or circumstances rather than from my HP
- Acting to fill the void—that can really only be filled by God
- Lusting after someone else's experience/comparing
- Ignoring others' needs
- Abdicating my responsibility for my attitude and response to events/circumstances/others
- Getting revenge when I didn't get what I wanted
- Withdrawing when I don't get what I want and holding my happiness "hostage" until my demands are met
- Putting others down internally or externally to build myself up
- Making others/circumstances responsible for my happiness/security/safety rather than my HP
- Playing the victim, protector or savior

## **Frightened**

- People's opinions/criticism
- Scarcity—not enough time/money/energy/love
- Rejection/abandonment/loneliness
- Loss/physical injury/suffering/abuse/death
- Not being able to control/change something/someone
- My inferiority/inadequacy/becoming overwhelmed/powerlessness
- I'm not enough/I'm not good enough/I didn't do enough
- Setting healthy boundaries
- Expressing ideas/feelings
- *Of relying on God alone* for my sense of ease and comfort/safety/security/value/esteem
- Getting trapped
- Exposure/embarrassment
- Future/living in a state of impending doom/afraid I won't ever feel better

## **Inconsiderate**

- Am I treating myself with respect?
- Thoughtlessly causing hurt or inconvenience to others
- Have I considered that...(ask to see the situation/person more like your HP sees it/them)