

# My Part - The Nature of Our Wrongs

## **SELFISH**

- They didn't follow my script
- They/It should've...
- Not seeing others' point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs – dependence
- Thinking I'm better – grandiosity
- Wanting what others have
- Wanting to control – dominance
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing
- Reacting from self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

## **DISHONEST**

- Not seeing or admitting where I was at fault
- Having a superior attitude, thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality – not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to self
- Exaggerating, minimizing
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionist

## **SELF-SEEKING**

- Manipulating others to do my will
- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good
- Engaging in gluttony, lusting, shopping, etc.

## **FRIGHTENED**

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control/change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment