

SELF LESS

- Lost sense of self

Belief that

- Others needs are more important

Behaviour

- Sacrifices self
- Passive (small voice)
- Takes responsibility for others
- Over considerate (to others)
- Others more in control
- Unaware of boundaries
- Defensive
- Accepting of blame and criticism

Feel

- Used, exploited
- Vulnerable

SELF FULL

- ✓ Self aware

Belief that

- ✓ Self is important, and others too

Behaviour

- ✓ Nobody is scarified
- ✓ Assertive (firm, clear voice)
- ✓ Responsible
- ✓ Considerate of self and others
- ✓ In charge of own life
- ✓ Clear about own boundaries
- ✓ Open
- ✓ Realistic regrading limitations and strengths

Feel

- ✓ Confident and in charge
- ✓ Secure

SELFISH

- Over concerned with self

Belief that

- Only self and own needs are important

Behaviour

- Sacrifices other
- Aggressive (loud forceful voice)
- Irresponsible
- Inconsiderate of others
- Controlling of others
- Does not acknowledge boundaries
- Closed
- Blaming, judgmental

Feel

- Arrogant, over confident
- Smug