

# SHAME

# GUILT

WHAT IS WRONG WITH ME?

It's always personal!

I am not enough.

I need approval from others.

Scarcity mentality

I am different from everyone else.

It's my way or no way. OR, I will always do it your way.

I MADE A MISTAKE

I get my worth from God.

I am worthy and capable of trying.

I've done something that separates me from God.

Abundance mentality

I recognize that as a human I will make mistakes.

I feel a desire to change my choice and clean it up.

*Your turn!*

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# self-denigration

# self-adulation



no one understands me

I'm not enough

bad things always happen to me

it's not fair

I'm better than you

rules don't apply to me

I'm always right

I'm not open to other ideas

*Your turn!*

WHAT'S THE THOUGHT I AM HAVING?

IS IT SELF ADULATION OR DENIGRATION?

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