

| Low Sense of Self Characteristics   | High Sense of Self Characteristics  |
|---|---|
| <b>Feelings About Self</b>  |   |
| Has a general sense of unhappiness, depression, unease, malaise                                     | Is "comfortable in own skin," cheerful, vigorous                                |
| Feels a victim, largely powerless   | Feels empowered   |
| Fears looking foolish and is unable to laugh at self  | Unafraid of others' perceptions, able to laugh at self                          |
| Afraid of forming own opinion and having it challenged  | Independent, creative, critical thinker, welcomes exercising own beliefs        |
| Takes disagreements as personal affronts, seeks revenge   | Seeks win/win and accepting of disagreements                                    |
| Prone to rapid and sudden anger or sadness  | Calm and relaxed inner state  |
| Seeks to suppress "bad" emotions; afraid they may become all consuming                              | Accepts and embraces all emotions as part of being fully and functionally human |
| <b>Thoughts About Self</b>  |   |
| Tends towards negative attitude and pessimism   | Positive disposition and optimistic   |
| Lacks confidence in self  | Confident   |
| Rigid   | Flexible  |
| Blind to unpleasant realities, delusional   | Accepts reality   |
| Heavily dependent on others or things   | Able to act independently   |
| Inability to accept criticism   | Accepting of criticism  |
| <b>Presenting Self To Others</b>  |   |
| Secretive   | Open  |
| Exaggerates, pretends, and lies to conceal their insecurity   | Honest about themselves and their beliefs                                       |
| Arrogant and boastful (intended to appear as self-confident) or extremely shy (to avoid inspection) | Humble  |
| Cool, detached, aloof (intended to appear as "in control")  | Warm, engaged, responsive   |
| Uses language for its emotive value to persuade others  | Uses language for its truth value to persuade others                            |
| Seeks first for others to connect with them emotionally   | Seeks first to understand others  |
| Denies mistakes and blames others when things for which they are responsible go badly               | Acknowledges and accepts responsibility for personal mistakes and failings      |
| Takes credit for others' achievements   | Readily gives credit to others  |
| Non-rational (psychology trumps philosophy)   | Rational  |

| <b>Presenting Self To Others (continued)</b>   |   |
|--|---|
| Breaks agreements, violates professed standards, hypocritical                            | High integrity, actions aligned with professed beliefs                                    |
| Performs poorly in pressure situations   | At ease under pressure  |
| <b>Perception of Others</b>  |   |
| Projects their own inadequacies and motives onto others                                  | Sees each person as an individual with their own skills, desires, and motivation levels   |
| Sees others as impotent victims and members of victim groups                             | Sees others as capable and empowered  |
| Jealous and envious of others, especially those perceived as having a high sense of self | Finds joy in the success of others  |
| Fear of or hostility towards others, blaming others for their own inner state            | Confident in interactions with others, respectful   |
| <b>Relationship with Self</b>  |   |
| Does not seek self-improvement as it requires acknowledging one is currently lacking     | Sees living as learning, sees limitless opportunities for personal growth and improvement |
| Lacks self-discipline  | Seeks personal improvement through control of self and conduct                            |
| Closed minded, unwilling to accept new ideas   | Curious, desires to learn, open to new ideas and ways of thinking                         |
| Tends to have addictions—they serve as personal distractions                             | Regularly and accurately assesses themselves and their beliefs.                           |
| Difficulty making commitments  | Willing and able to commit self to others, tasks and goals                                |
| <b>Relationships with Others</b>   |   |
| Drawn to others with a low sense of self   | Drawn to others with a high sense of self   |
| Has difficulty loving others   | Loves easily and joyously   |
| Seeks control and power over others  | Respects others as the center of their own universe                                       |
| Outwardly aggressive or passively aggressive   | Assertive and invites others to assert themselves   |
| Discards people when they become a personal liability                                    | Supports and helps others even at a personal cost   |