

People Institutions Principles (Page 64)	The Cause Why I'm angry (hurt, threatened, burned up, interrupted with) (Pages 64-65)	Affects My (Injuries, Interrupted with) (Page 65)	My Mistakes (Page 67)
I'm not enough	(For Principles/beliefs - what caused me to have this belief) Dad said I could do better I compare myself to others Social Media / Society I'm not perfect / make mistakes Don't show up the way "I think" I should Abusive Relationships	Self Esteem - I'll never amount to anything or be like "them", I have no one I'm better than "them", can't people see how great I am and how hard I try. Security I'll never be able to have what others have or what I need to survive. I'm in a constant state of restlessness, irritable, discontent. No emotional sobriety Ambitions I want to be thought well of, liked and loved. The best material, friend, attention, best everything. Personal Relationships affects all relationships (blocked from God), isolate, Play Actor, Try to prove I'm enough, have no voice Sex Yes, Either I want sex or flirt to feel like I'm enough. Pride People think I'm not enough and they won't love me.	Where had I been... Selfish try to get people to like or like me; want to be special and the best; don't do things because I'll get it wrong, can't be of service when I'm only thinking of me. Dis honest delusional, self reliant; unrealistic expectations of myself and others; think I know everything about everything; lie/exaggerate stories, think I have power, feelings of separation Self seeking Try to look good, Control, manipulate, Play the Actor, Boast, Avoid, not try Frightened - That I'm not enough; that I am enough; of trying, surrender, what people thru steps to change, letting go of belief, Exposure, being being authentic. Where am I to blame? Relying on myself, my thinking & beliefs, playing God. Faults/Worries Call of the ab self hatred, negative thinking, self righteous, prideful, envious, jealousy, self centered, self loathing, procrastinate, impatient, blame others, closed minded, insecure, egotistical, lazy, unwilling, unforgiving, secretive