

## Step-Four Column 5 Review

### SELFISH

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs- Co-dependence
- Wanting what others have>coveting
- Wanting to control/>dominance
- Thinking I'm better>grandiosity
- 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, self-righteousness
- Too concerned about me
- Wanting to look good or be liked
- Concerned only with my needs

### DISHONEST >>by Omission OR Commission

- 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 myself
- Exaggerating, *minimalizing*
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionistic

- Engaging in gluttony or lust at the
  - Trying to control others or person
- \*Getting revenge when I don't get what I want

### FRIGHTENED (OF)

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

### SELF SEEKING

- ***PUTTING OTHERS DOWN to BUILD MYSELF UP***
- Manipulating others to do my will
- Engaging in character assassination
- Acting superior
- Acting to fill a void