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THREATENED: You believe that the success of others inhibits your own.

PERSONALIZE: Any feedback from or positive and negative reactions of others are always taken personally.

WIN-LOSE: The only way for me to win is for you to lose. Conversely, the only way for me to lose is for you to win. Another person's success makes them better than you.

NEGATIVE CONDITIONAL SELF-WORTH "IF": You believe in yourself only "if" you meet certain criteria, i.e. If "I am successful," If "I lose weight," If "I feel superior to others."

OTHERS: The opinions of others are very important to your self-esteem. Without external praise, agreement, or deference, you do not feel good about yourself.

WIN-WIN: You can celebrate the success of others because you do not feel that it makes them better than you.

REGARDLESS: You believe in yourself independent of other's opinions.

UNCONDITIONAL SELF-WORTH

VALUES: You believe in yourself by focusing on the values, strengths, and core characteristics within you.

ACCEPTING: You accept your own flaws and are comfortable in your own skin.

EMPATHIZE: You are able to accept feedback and relate to other's experiences because they aren't received as personal attacks.

