



FILL: 7.  
 PRIDE  
 SELF PROMOTE  
 AGGRESSIVE  
 LACK OF: 6.  
 LOVE  
 VALUE  
 PRAISE  
 SELF WORTH  
 CONFIDENCE  
 SIGNIFICANCE  
 PURPOSE  
 SECURITY  
 "WEREN'T THERE FOR ME"

GREEN QUADRANT 10.



HEAL: 9.  
 FEAR-HIDE  
 SELF PROTECT  
 PASSIVE  
 LOSS: 8.  
 HURT  
 TRAGEDY  
 DISAPPOINTMENT  
 FAILURE-GUILT  
 ABANDONMENT  
 BULLYING-CRITICISM  
 REJECTION-SHAME  
 ABUSE (P.M.E.S)  
 UNFORGIVENESS-BETRAYL

ORANGE QUADRANT 11.

STOP → THINK → BEHAVE