

- 1) Do you accept criticism well?
- 2) Are you usually hurt or angered by criticism?
- 3) Do you have a difficult time accepting compliments?
- 4) Do others think more highly of you than you do of yourself?
- 5) Do you depend on others to make you feel good about yourself?
- 6) Does what others say about you unduly (disproportionately) affect your feelings and beliefs about yourself?
- 7) Do you often do a good job and know it yet don't feel good about it?
- 8) Do you often feel like a loser even though you know you are a good person?
- 9) Do you often put yourself down?
- 10) Looking honestly about your life, do you treat yourself very well?
- 11) Do you treat others better than you treat yourself?
- 12) Do you do nice things for others in order to get attention or compliments?
- 13) When you express love for someone, are you hurt when he or she doesn't respond in kind?
- 14) Do you often feel afraid, even though you know everything's okay?
- 15) Do you often feel that you're "not enough?"
- 16) Do you often feel you're falling short of what you should be and what you should do?
- 17) Does it bother you a great deal when you know that someone dislikes or disapproves of you?
- 18) Do you "kiss ass" to make them like you?
- 19) Do you often refrain from doing or saying what you know you should for fear of how others may react to it?
- 20) Do your feelings depend on how your significant other is treating you?
- 21) Do you feel you are a good person, no matter what others may think?

To put it briefly - a continued sense of uneasiness; continually putting yourself down; seeking approval, acceptance and emotional security from someone and/or something else; feeling like a victim; blaming others when your insatiable (which means "unable to be satisfied") needs aren't met; trying to control and possess another or others to ensure the fulfillment of your needs. If you answered to the affirmative to some of these questions, you're probably emotionally immature to some degree. And this is unconscious, automatic and habitual; almost an instinctual response based on our internal values, beliefs, perceptions, feelings and experiences - THAT'S what dictates our behavior, our character. It operates BELOW our consciousness. The old tapes in our head start playing and we're not aware of it. When it shows up it doesn't give a clear picture of itself. We say things like "they push my buttons." If this has convicted you in any way, please surrender to your present condition and join AA by starting back at Step 1 and having a deeper experience with the Steps.

Tom B.