

CHARACTERISTICS WHICH UNDERLIE BEHAVIORS

with words that are related to or similar for easy reference

SELF ACCEPTANCE _____ SHAME
Internal Sense of Self Worth Internal Sense of Badness, Failure, Inadequacy
Self Esteem Low Self Esteem
Self Confidence Self Consciousness and Embarrassment
Self Assurance Self Deprecation
Self Respect Self hatred

OPENNESS TO GROWTH _____ CLOSED TO GROWTH
Awareness Defensiveness
Truthfulness Dishonesty
Congruence Incongruence

SELF REFLECTIVE _____ EXTERNALLY FOCUSED
Internal Locus of Control External locus of control
Internal frame of reference External frame of reference
Introspective Blaming

SELF EMPOWERMENT _____ POWER AND CONTROL
Self Control Abuse of Self and Other
Self Activating Diffuse and/or rigid boundaries
Proactive Reactive
Assertive Passive/passive aggressive/ aggressive

CREATIVITY _____ PERFECTIONISM
Self Expression Achievement
Being Doing
Authenticity Acting

UNCONDITIONAL LOVE _____ CARETAKING
Caring Conditional Love
Compassion Sympathy/Over identification
Kindness Being "nice"
Unconditional Acceptance Conditional Acceptance

INTERDEPENDENCY _____ DEPENDENCY/CODEPENDENCY
Intimacy Enmeshment and Disengagement

HOLISTIC THINKING _____ DICHOTOMIZED THINKING
Black and White Thinking