

# SPITEFUL



Address the hostility that is causing spite.

**What it's about; what it does for us...**

...Feeling wronged by peers and we want to harm them, to show we are just as good as, if not better than, them.

**We feel this when...**

...we feel wronged or disrespected by someone.

**It makes us...**

...try to harm the person. At its extreme, it drives us to quash and gain power over those we feel have wronged us. This can often be self-destructive.

