

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.

