

CONTEMPT



Be helpful to those we feel contemptuous towards.

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

...Making someone feel useless so we can feel superior.

We feel this when...

...we judge others as failing to meet our standards, to be inferior, unimportant and of little value to us.

It makes us...

...look down on, sneer on, pick on, humiliate, ignore or exclude certain people, in order to 'big up' ourselves.

ME FIRST
QUADRANT

