

# Mean Zone

*Feeling resentful, contemptuous or spiteful.*

People are mean to me and I'm mean to them. I feel I don't get what I deserve. I'm forced to put up with things I don't want. I'm just as good if not better than others. I hold on to grudges, rather than saying what the problem is. 'If I can't get my way, nobody is going to enjoy this'. I look down on some people, to 'big up' myself. I harm people who have upset me to get my own back, and I don't care if it's bad for me as well.



# Affection

The feeling of being close and comfortable with people who are fond of each other. We feel attached to each other. We can be our real self.