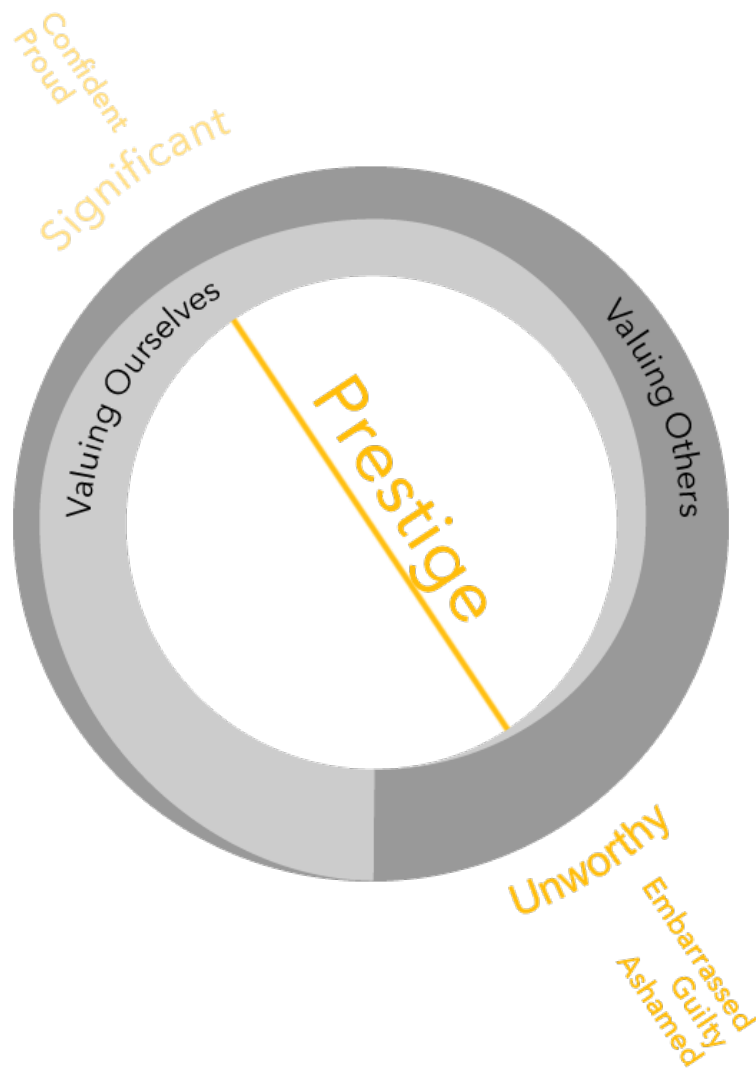


Unworthy Zone

feeling embarrassed, guilty or ashamed

I feel bad about *what I've done*, or about *who I am*. Other people judge me as 'bad'. I want to get the attention off me by hiding or escaping. I'm worried I let people down. I want to make up to them and show that I'm sorry, I didn't mean it and I know I need to improve.



Prestige

The honour of having our worth and ability recognised by others. It encourages us to do more.