

HUMILIATED



Find relief from humiliation in humility.

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

...Being made to feel worthless; it leaves us wanting to hide or get back at those who humiliated us.

We feel this when...

...people put us down unfairly and in public, and we are made to feel less worthy than we feel our self to be.

It makes us...

...hate those who are getting at us: we want to either seek revenge or escape. It can jolt us into defending ourselves or facing up to our shortcomings.



PROTECTING
ME QUADRANT



USELESS ZONE