

INFERIOR



If ignored or feeling inferior, hold on to what's important.

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

...Feeling overlooked and less important than everyone else; it causes us to keep to ourselves.

We feel this when...

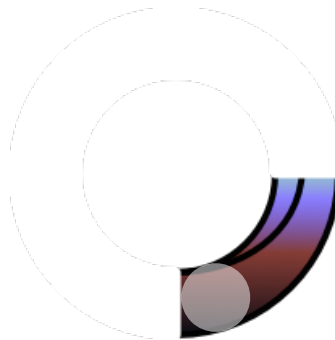
...we feel less important or less able than others, and we are taken for granted or not taken seriously.

It makes us...

...put ourselves down, think we are unworthy, hide or keep to ourselves. We take part as little as possible to avoid further damage to ourselves or the group.



PROTECTING
ME QUADRANT



USELESS ZONE