

Mean Zone

feeling resentful, contemptuous or spiteful.

People are mean to me and so 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.