

EMBARRASSED



Bounce back from embarrassment with humour.

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

...Feeling uncomfortably exposed; it nudges us to divert attention from ourselves as quickly as possible.

We feel this when...

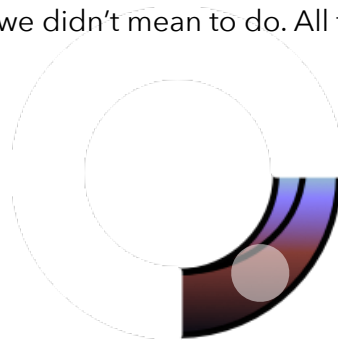
...we are worried what people might think of us after making an awkward but small mistake, when we feel we have made a bit of a fool of ourselves, or we are embarrassed by people close to us.

It makes us...

...apologise, make up for our mistake and do what is expected. We may cover our face, letting others know we are aware of our mistake, that it was something we didn't mean to do. All this is in order to restore our reputation.



PROTECTING ME
QUADRANT



UNWORTHY
ZONE