

Protecting Me

We feel the protecting me emotions when we feel vulnerable and worried that others think of us as unworthy because of our shortcomings. They push us to try to regain acceptance and be accommodating to others and put ourselves down. We retreat to conserve energy, assess what is happening, face up to our failed responsibilities and seek reassurance. They help us try to feel less bad about ourselves. However, these emotions can pre-occupy us and undermine our appreciation of life.

