

# CONTEMPT



Be helpful to those we feel contemptuous towards.

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

...Making someone feel useless so we can feel superior.

**We feel this when...**

...we judge others as failing to meet our standards, to be inferior, unimportant and of little value to us.

**It makes us...**

...look down on, sneer on, pick on, humiliate, ignore or exclude certain people, in order to 'big up' ourselves.

ME FIRST  
QUADRANT

