

# 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.

