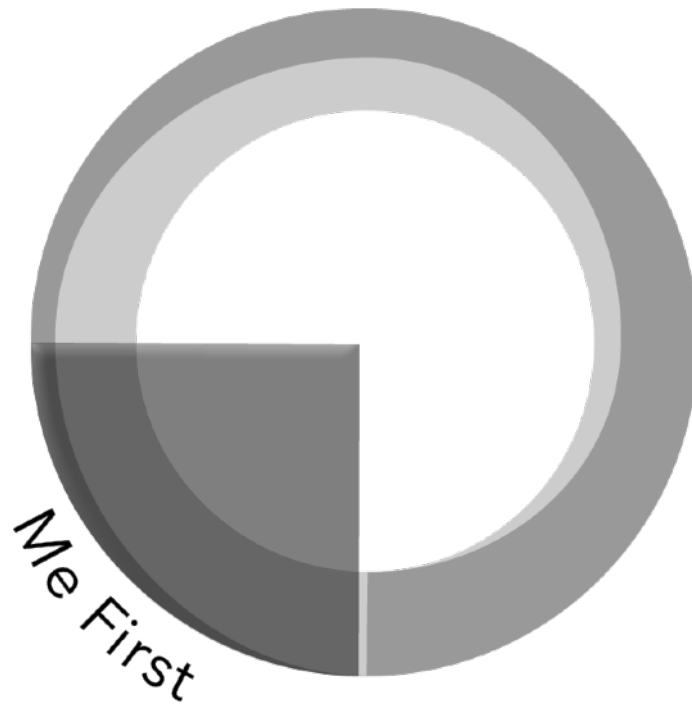


The ME FIRST Quadrant



Me First emotions push us to deal with barriers to our progress, unfairness, blocked rights or disrespect.

They make us:

- feel superior to others
- try to regain control
- behave selfishly and demand what we see as ours.

We avoid any sense of inferiority, in order to feel better about ourselves. We over-value ourselves and de-value others.