

The PROTECTING ME Quadrant



We feel *protecting me* emotions when we are vulnerable and worry that we are unworthy. These emotions push us to try to regain approval of others. We over-accommodate to others and put ourselves down.

We retreat into ourselves to:

- conserve energy
- face up to failures
- seek reassurance from others.

All this is to try and feel less bad about ourselves, to save ourselves from feeling worse, to protect us against uncertainty, risk and exposure. However, these emotions can pre-occupy us and distract us.