

Fromm *Unflappable* – 6-Steps To Staying Happy, Centered & Peaceful No Matter What

Landmarks – Context of Achievement – IPP - Success vs. Failure



Weaknesses of Failure: *being a loser, a dud, a has-been, unworthy, nameless, faceless, invisible, and lost; anonymity; shame; humiliation, mortification; chagrin; fear; terror; self-pity; self-hatred; sadness; unhappiness; worthlessness*

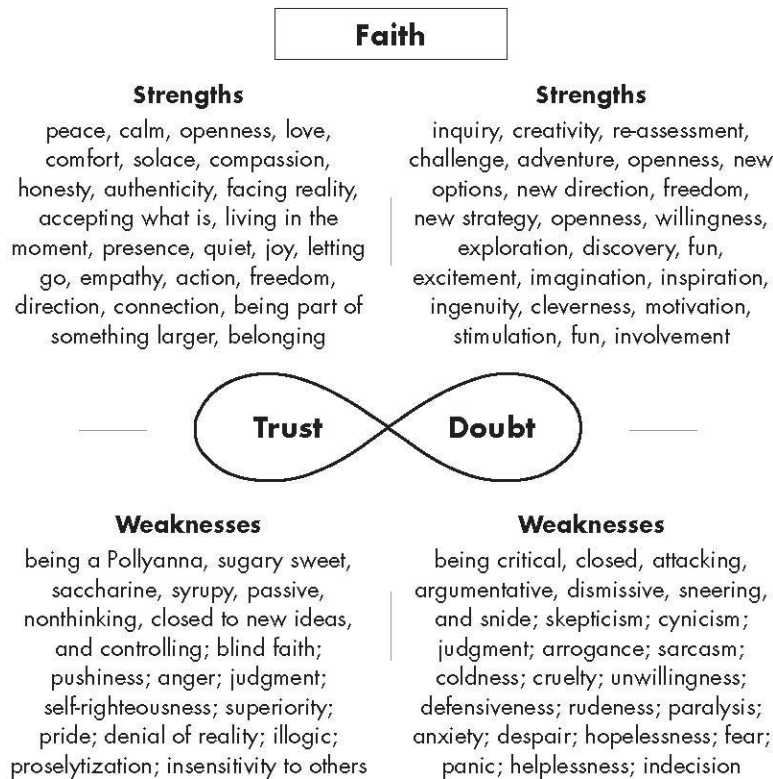
Weaknesses of Fulfilling Others' Needs: *hopelessness, doom, indifference, laziness, meaninglessness, purposelessness, feeling lost, abandonment, bitterness, hatefulness, harshness, hostility, vicious thoughts, envy*

Weaknesses of Fulfilling Her Own Needs: *guilt, selfishness, greed, huge ego, self-importance, self-indulgence, arrogance, cockiness, egotism, haughtiness, being too big for your britches, pride, overconfidence, being a bad person, ugliness, cruelty, unkindness, unfriendliness, solitude, resentment, pressure*

Strengths of Doubt: *creativity, challenge, adventure, openness, new options, new direction, freedom, willingness, exploration, discovery, fun, excitement, inspiration, ingenuity, involvement*

Strengths of Trust: *openness, love, solace, accept what is, quiet, joy, letting go, empathy, freedom, connection, a part of something larger, belonging, optimism, positivity, conviction, surrender, receptivity*

Landmarks – Context of Faith – IPP – Trust vs. Doubt



Strengths of Doubt: *creativity, challenge, adventure, openness, new options, new direction, freedom, willingness, exploration, discovery, fun, excitement, inspiration, ingenuity, involvement*

Strengths of Trust: *openness, love, solace, accept what is, quiet, joy, letting go, empathy, freedom, connection, a part of something larger, belonging, optimism, positivity, conviction, surrender, receptivity*

Weaknesses of Trust: *being a Pollyanna, sugary sweet, saccharine, syrupy, passive, nonthinking, and closed to new ideas; blind faith; denial of reality; illogic; proselytization; insensitivity to others*

Landmarks – Context of Needs – IPP – Self vs. Other

Needs of Professional and Personal Life

Strengths

happiness, creativity, fulfillment, satisfaction, joy, meaning, purpose, sense of belonging, connection, optimism, drive, single-mindedness, vision, insight, motivation, self-acceptance, participation in life, gratitude, recognition, pleasure, time for reflection, awareness

Strengths

love, joy, happiness, fulfillment, success, connection, creativity, community, belonging, satisfaction, contribution, laughter, humor, a wider perspective, curiosity, amazement, diversity, wonder, challenge, pleasure, approval, appreciation, accomplishment

Self

Other

Weaknesses

guilt, selfishness, hell, isolation, greed, huge ego, narcissism, self-importance, self-indulgence, arrogance, cockiness, egotism, haughtiness, being too big for your britches, pride, overconfidence, being a bad person, ugliness, cruelty, unkindness, unfriendliness

Weaknesses

exhaustion, irritation, resentment, anger, pessimism, depression, despair, unhappiness, joylessness, apathy, frustration, hopelessness, doom, indifference, laziness, meaninglessness, purposelessness, feeling lost, abandonment, bitterness, hatefulness, harshness

Weaknesses of Fulfilling Others' Needs: *hopelessness, doom, indifference, laziness, meaninglessness, purposelessness, feeling lost, abandonment, bitterness, hatefulness, harshness, hostility, vicious thoughts, envy*

Weaknesses of Fulfilling Her Own Needs: *guilt, selfishness, greed, huge ego, self-importance, self-indulgence, arrogance, cockiness, egotism, haughtiness, being too big for your britches, pride, overconfidence, being a bad person, ugliness, cruelty, unkindness, unfriendliness, solitude, resentment, pressure*

What Polarity Blindness Looks Like

