

Some Answers

To the self-reflection questions



What negative messages were you given about being proud of yourself?

- ☹ It's not good to be boastful, arrogant, conceited, superior, pompous, big-headed, egotistical, vain, shallow, full of yourself, or a tall poppy
- ☹ Don't blow your own horn.
- ☹ You're getting a swelled head.
- ☹ She's so full of herself.
- ☹ He's getting too big for his britches.
- ☹ **Just who do you think you are?**

Sometimes the message was unspoken with:

- ☹ a sideways glance / stink-eye
- ☹ a furrowed brow
- ☹ an eye roll
- ☹ a head shake
- ☹ a tut



What negative messages were you given about taking care of your needs ahead of others?

- ☹ You're being selfish (self-centred, self-seeking, self-indulgent, self-absorbed, self-obsessed, self-righteous, self-important)
- ☹ You're not being nice
- ☹ You're not a good girl
- ☹ You're a b**** (rhymes with witch ☹)

Sometimes the message came by way of praise and admiration

- ☹ **She's so selfless** (Are you kidding me?! Oh, how we've been brainwashed!)

