

“LESSER THAN” LIFE PATTERNS

“Lesser Than” of the Individual

1. I’m weaker than you physically
2. I have less money than you
3. I’m not in control of my feelings
4. I can’t fix mechanical things
5. I’m fragile
6. I’m not as smart as you
7. _____
8. _____
9. _____
10. _____

“More Than” of Other Person

1. You’re stronger than me physically
2. You have more money than me
3. You have better control of your feelings
4. You’re more mechanical than me
5. You’re stronger
6. You’re smarter
7. _____
8. _____
9. _____
10. _____

Control (What Person Must Do)

1. You have to do any physical labor
2. You should buy things for me
3. You have to fix me or put up with me when I go out of control emotionally
4. You should repair everything I break
5. You should have to take care of me
6. You should figure things out for me
7. _____
8. _____
9. _____
10. _____