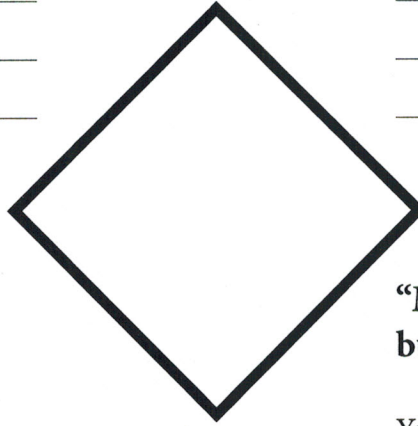


“I am fundamentally flawed somehow”

Your Version:

“If I am successful, I’m being disloyal and/or leaving people behind”

Your Version:



“My success will make someone feel bad”

Your Version:

“My success will burden someone”

Your Version:

What experiences, at any age and in any context give you the feeling of being flawed?

What experiences, at any age and in any context, give you the sense that someone would feel bad if you were to shine brightly?

What experiences, at any age and in any context, give you the feeling that you are somehow being disloyal if you allow yourself to enjoy success?

What experiences, at any age and in any context, give you the sense your success will be a burden for someone else?
