



Akoben

Leading in the Struggle to Serve

Compass of Shame Self-Reflection

INVALIDATE OTHERS

1. When you listen you are gathering information and waiting for your opening to drive *your* point home.
2. You often “go for the jugular” by hitting below the belt at other’s sensitive issues.
3. You find the flaw in what others are saying and expertly point this out. You feel better about yourself when you do this.
4. With friends you often banter (mock and joke)with them. You will always make sure you are on the “winning” side and glorified by others who laugh with approval at your banter.
5. You retaliate when someone has touched a nerve. You may be truly threatening or vague. You feel powerful and do not want to be seen as weak.
6. You tell people how they feel. You make assumptions about their motives. You have them all figured out and cannot be second-guessed.
7. You interject or interrupt others in conversations. You counter what others say. Winning in a conversation is everything to you. Sometimes you start an argument or conflict just to be able to win your point.
8. _____

INVALIDATE SELF

1. You put yourself down in a conversation so others won’t take the chance to do it.
2. You are indecisive and do not bother to discover what you really want in anyone situation. You often feel paralyzed, stuck, and afraid and therefore take no action.
3. You let your others speak in demeaning ways to you, not saying anything while they do it in front of others. You never speak up about this.
4. You fear being ridiculed or rejected if you ask for what you want. You do not speak up in an assertive manner to let others know how you feel or what you need.
5. Many people you choose to interact with never quite give you their full attention. Usually they talk about themselves. They are often self-centered people so transactions and interactions with them are on their terms.
6. You have come to believe you are a victim. You use language that refers to yourself as a “poor me”. You complain a lot about your circumstances.
7. You make sure to never make anyone angry, therefore if something bothers you about someone you may tell others, but you will not confront the one whose actions are bothering you. You get confused about how to confront in an assertive way.
8. _____

Compass of Shame Self-Reflection (cont.)

HIDE FROM SELF

1. You see yourself as a show-piece and only show others part of yourself. Anything real about you is kept "under wraps". You want life to be like a movie.
2. You stay very, very busy. Every minute of every day is planned. There is no tolerance for down time.
3. You often use humor to hide or distract from emotional pain
4. You are obsessed about work. You think about it and talk about it when you are not at work. When someone asks you how you are you must include what you are doing at work. You like to impress others about your work. You are your work.
5. You indulge in any behavior that is hedonistic, meaning --wild and pleasure-seeking. You go for any event that produces a lot of excitement and gives you a "rush".
6. You overly indulge in drugs, alcohol, or gambling. You choose to stay unaware of your feelings and your defects. You feel odd when *not* feeling a "high."
7. You look for admiration from others for your dangerous or wild conduct.
8. _____

HIDE FROM OTHERS

1. You choose to isolate and separate yourself from others. You do not reach out to others for company or help. When you go to visit friends or family you put yourself in front of the TV.
2. You are the silent, shy type. You do not participate when in a group. You speak when spoken to but not much beyond that. You believe that you do not really have very much to offer.
3. You have a great deal of fear of being noticed. You remove yourself from interactions. You space out - perhaps looking off into the distance - when others are speaking about something.
4. You do not mix with people and prefer to be alone. People would say about you: "He keeps to himself a lot".
5. You are not interested in reaching out to make meaningful connections with others.
6. You do not talk with others if you have a problem. You try work things out on your own.
7. Sharing or speaking in a group makes you extremely self-conscious and fearful. Your heart pounds, your face can get red, and you often speak very softly.
8. _____
