

Dysfunctional Living Scorecard

GRAND INTENTIONS

Self-Confident

- Ego Reliant
- False Sense of Self
- False Narrative
- Lying to Self

SELF-LOATHING

Consumption

- Instant Gratification
- Self-Soothing

DESTRUCTIVE

MANIPULATIVE

No Boundaries

Self-Absorbed

Grab State

VICTIM STATE

Apathy

- Irreverence
- Confusion
- Lying to Others

ISOLATION

No Gratitude

- “Poor Me”
- “I Deserve”
- “I Shouldn’t Have To”

DELUSIONAL

Abusive

No Regard for:

Anyone
Anything

APPROVAL SEEKING LIFE

Fearful

False Connections

Lonely

100%

