

ability to create perplexing problems when none existed in the first place. How do Stressaholic Worry Warts function in society? At home they're fussy, fidgety, and perpetually troubled—these Insomniacs never get a good night's sleep. At work they worry about everything, are always on edge, creating one job conflict after the other. Workaholics are counterproductive. At play they appear tense and tortured, in a big hurry to finish. At personal relationships, Stressaholic Worry Warts are frustrated and scatterbrained; hence, their love life is destroyed by their stressful lifestyle—never a moment's rest or relaxation to focus on their partner.

GOSSIP MONGER

These whispering Eavesdroppers talk behind your back, causing incredible chaos by criticizing everyone imaginable—family, friends, relatives, co-workers, bosses, and especially strangers. These Busybodies start rumors and put others down to make themselves feel superior. They enjoy sensationalism. They thrive on people's misery—they love dirty laundry. How do Gossip Mongers function in society? At home these constantly cackling Chatterboxes are married to the telephone—spreading rumors about a close friend to another close friend. At work Back Stabbers secretly socialize and, during meetings, openly criticize fellow employees (especially management) not present at the meetings. At play they'd rather talk about others than join the fun. At personal relationships, Gossip Mongers create an untrustworthy atmosphere, causing their partner to wonder if they are being talked about behind their back.

TALKAHOLIC

These Non-Stop Talkers specialize in one subject—themselves. They're extremely poor listeners, always interrupting and appearing bored while others talk. These Gab Artists are self-centered and once they begin talking about their favorite subject, their life story, they won't be quiet. All you hear from these Broken Records

is “I-I-I” from morning to night. The moment another person begins talking, these Interrupters are thinking about their own similar experience and it's only a matter of seconds before they blurt out, “I know, I remember when I ...!” How do Talkaholics function in society? At home they appear indifferent and closed-minded, only interested in talking about themselves. At work Non-Listeners talk out of turn, suffering from diarrhea of the mouth. At play they're more excited about self-talk than joining the activity. At personal relationships, Talkaholics are inattentive to the needs and desires of their partner; they're rude without realizing it.

SPOILED BRAT

These coddled characters are babied and overprotected. They've gone from spoiled rotten toddlers remembered as holy terrors, to teacher's pet in school, to Shopaholic adults. If they don't get their way, these Pamperedholics throw temper tantrums. How do Spoiled Brats function in society? At home they demand being waited on hand and foot, nagging until they get their way. At work these spoiled, stubborn Mollycoddlers expect others to do their work for them. At play they pout if things aren't going just right. At personal relationships, Spoiled Brats are perpetually pampered by their partner or the relationship breaks down. Unfortunately, the relationship score is always: Spoiled Brat ten, partner zero.

CONCEITED LOOKER

These cocky characters believe looks are everything. Being handsome, good looking, breathtaking, sexy, seductive, ravishing, and glamorous is a lifelong obsession. Endlessly admiring themselves, narcissistic Beautiholics dream of winning the title of Mr. Muscle or Miss Perfect Face. These Vainiacs have breast implants, hair transplants and nose revamps, believing cosmetic surgery can cure low self-image. How do Conceited Lookers function in society? At home they desperately ask, “How do I look?” spending hours in front of the mirror.

At work they parade around seeking co-worker approval. At play these Charmers repeatedly peek out the corner of their eye to see if anyone's admiring their good looks. At personal relationships, Conceited Lookers become bored with one on one encounters, preferring groups, gatherings, and large crowds so fans can appreciate their incredible beauty. These Body Beautifuls and Flawless Faces fear one enemy—aging.

POWER FANATIC

These tyrannical Slave Drivers are obsessed with total power and control—craving money, cars, and real estate at the expense of others. Dictators believe the oppression of people equals success. These Overachievers, unable to enjoy accomplishments, set unrealistically high standards. The result: persistent need to prove themselves. Envious of others, the more they get—the more they want. How do Power Fanatics function in society? At home these Perfectionists demand having it their way. At work they bark orders and call the shots, methodically plotting the overthrow of others to gain position and wealth—power. At play they're too serious, becoming emotionally devastated when losing. At personal relationships, Power Fanatics relentlessly pursue their prey and once captured, their partner is treated as a worldly possession.

SARCASTIC ASSASSIN

These Bad-Mouthers get in your face, avoiding physical confrontations. Put Down Artists make you feel small and embarrass you before you become a threat. Disguising cruel comments as friendly jokes and sarcastic statements, they complete each body slam with, "Just Kidding!" How do Sarcastic Assassins function in society? At home these Ridiculers make one put down after the other. No one escapes their wrath. At work they're verbally brutal, making others feel small or embarrassed—laughing it off as a joke. At play these Sultans of Smack taunt and jeer opponents

into total submission. At personal relationships, Sarcastic Assassins are so busy making fun of everyone else, they rarely notice their partner. These Body Slammers are living proof: the tongue IS mightier than the sword.

COMPLAINING PESSIMIST

These cantankerous Doomsdayers have nothing good to say—everything is negative. They're never happy and blame everyone for their problems. Rarely smiling, these Grumps only laugh at someone else's misfortune. These habitual Hypochondriacs bring everyone down with complaints of not feeling good, their back hurts, or they're coming down with something. How do Complaining Pessimists function in society? At home these faultfinding Alarmists are despondent, overcritical, and impossible to please. At work these griping Cynics criticize management and are untrusting of fellow employees—not to mention controversial and disruptive. At play they're Spoil Sports, out to ruin everyone's fun. At personal relationships, Complainers wantingly whine, gripe, and nitpick everything imaginable. Their picked-on partner never does anything right.

PRANKSTER

These annoying characters constantly clown around, make faces, or relentlessly tease others. Since childhood, just for attention, these mischievous Smart Alecks persistently played practical jokes and enjoyed making others the laughingstocks of their own peer group. Unfortunately, these Teasers act before they think, resulting in their horseplay endangering others, both physically and emotionally. How do Pranksters function in society? At home these Exhibitionists pull one childish prank after the other. At work these Jokesters spend more time taunting and playing mind games than they do working. At play these pesky Clowns are comedians—everything is funny and nothing is taken seriously. At personal relationships, Pranksters act silly, leaving their partner feeling out of touch, uncared for, and frustrated.

ARGUING SOREHEAD

These Know-It-Alls are always right and never wrong—they're experts on all subjects. Just for fun, these arguing, irritable, bad tempered Soreheads initiate and promote controversy, look for altercations, and lock horns with everyone. Whatever the subject, Agitators find fault with other people's point of view, instigating a battle of the minds—a war of words. How do Arguing Soreheads function in society? At home they disagree with all family members, looking for a good old-fashioned argument—a fight. At work these Sour Pusses bicker and argue with co-workers and never let down. At play these Poor Sports start quarrels or belabor a point until their opponent gives in—surrenders. At personal relationships, Arguing Soreheads only want to fight and argue, anything to prove their point. They love to antagonize, provoke, and verbally beat down their partner, a sure formula for failure.

UNFORGIVING AVENGER

These vindictive characters haven't learned to forgive others—to let go. They hold grudges, and getting even is part of their daily routine. Resentment, bitterness, and animosity go perfectly with these Revenger's eye for an eye—tooth for a tooth philosophy. These Begrudgers have an axe to grind, a bone to pick, or want to settle an old score. How do Unforgiving Avengers function in society? At home they're ungrateful and full of malice, reminding everyone of past mistakes. At work these Blamers are uncompromising and set in their ways. Never cross them! At play they won't admit defeat, expressing hard feelings when losing. At personal relationships, Unforgiving Avengers never forget their partner's past and prior mistakes. They love digging up dead issues.

LOW SELF-ESTEEM LOVER

These characters display a wide range of behaviors, from jealous Possessors, to outgoing Flirts, to insecure mine-all-mine lovers. Because these Loveaholics haven't learned to

love themselves, they're incapable of loving others. In love with love, Hopeless Romantics are easily overcome by infatuation, immediate gratification, or secret fantasies. How do Low Self-Esteem Lovers function in society? At home they act overprotective from insecurity, completely distrustful from jealousy, or absolutely inattentive from apparent boredom or disinterest. At work they're usually flirtatious, even to the point of being sexually harassing. At play these envious Interrogators require frequent sexual contact, convinced sex is love and love is sex. At personal relationships, Low Self-Esteem Lovers are never satisfied with their partner's behavior—jealousy, insecurity, mistrust, fear of abandonment, harassment, or addiction to love cause emotional turmoil during the relationship.

ANGRY BIGOT

These cruel characters love to hate. Having learned anger and bigotry in early childhood, these Masters of Misery are racist, sexist, chauvinistic, closed-minded, and specialize in bashing. Secretly suppressing their rage, these Supremacists complain of being persecuted by everyone around them. How do Angry Bigots function in society? At home they denounce all ethnic, religious, and political groups not meeting their approval, blaming specific groups for their own personal failures. At work these Racial Radicals are hiding their low self-esteem views or instigating racism, sexism, and employee unrest. At play they're angry and critical of other teams not meeting their standards. At personal relationships, Angry Bigots spend so much energy on bashing others their partner feels ignored and unimportant.

MOODY MANIAC

These forever-changing characters are society's manic Mood Swingers. One minute these Schizos are happy, the next minute sad, then calm, then suddenly mad. One day they're laughing, the next day they're crying, sometimes they're exciting, then mysteriously

dying. These Erratics are totally unpredictable and, undoubtedly, difficult to be around. How do Moody Maniacs function in society? At home Indecisives keep family members in a static state of flux—anxiety rules—everyone’s afraid to make a wrong move. At work these Unstables are so inconsistent that productivity suffers, and if the boss is a Moodiac—watch out! At play they’re fickle and skittish, never fun to be around. At personal relationships, Moody Maniacs keep their partners guessing and off-guard, displaying frustrating moonish behavior.

LOW SELF-ESTEEMER

These characters suffer from multiple forms (two or more) of the low self-esteem virus. In other words, a person, any person, can be an: “Intimidating-Impatient-Complaining-Unforgiving-Moody-Stressaholic Worry Wart”; or an “Oversensitive-Unfriendly-Unethical-Sarcastic-Talkaholic”; or an “Arguing-Gossiping-Conceited-Lying-Low Self-Esteem Lover”.

The more low self-esteem behavioral traits a person has the lower the person’s self-image. How low is low? The ultimate example of a low self-esteem is Ex the Master Extractor, for he suffers from all twenty-eight forms of low self-esteem. Yes, Ex is low self-esteem in it’s lowest of lowest forms.

This concludes the review of the low self-esteem personalities.

What about these characters? Why do they act so terrible? How did they learn such dysfunctional behavior? Do they know how bad they behave? Will they ever change?

Many of us, after evaluating the list of low self-esteem personalities, exclaim, “Their personality traits are identical to many of the people I know or meet!”

In reality, the vivid descriptions of the low self-esteem personalities are a rude awakening for all of us. The truth is: most people you come in contact with, everyone from perfect strangers to your closest loved ones, suffer from one or more forms of low self-esteem. In fact, most

people you know suffer from multiple forms of the low self-esteem virus.

The one person you fail to recognize as being infected with low self-image, the one person you most often overlook is, of course, yourself.

As you ponder the behavior of low self-esteem characters, two questions probably come to mind. First, how do low self-esteem people acquire low self-esteem in the first place? Second, why do low self-esteem people continue to practice, on a day to day basis, such emotionally crippling behavior? The answer again, is shockingly simple.

LEGACY OF LOW SELF-ESTEEM

Low self-esteem, the torch of human misery, has been unintentionally passed from generation to generation since the beginning of recorded history. The low self-esteem virus continues to spread, seemingly undetected, as follows:

- From parents and stepparents to the child.
- From grandparents to the child.
- From brothers and sisters to the child.
- From relatives to the child.
- From teachers/role models to the child.
- From the peer group to the child
- From the media to the child—television, radio, books, ads, movies, magazines, video games, and pop music.

IT IS NOT THEIR FAULT

It’s critical to remember, low self-esteem is unintentionally passed to the next generation. No parent or teacher really plots or plans to give low self-esteem to their children or students, they’re unaware they’re doing it, it’s not their fault. Throughout their entire adulthood, dysfunctional low self-esteemers unknowingly teach bad behavior to their own children, spouse, friends, business associates, and social contacts without ever realizing it; in effect, by accident! Most human beings believe they’re doing the right thing, after all, this is how they were raised by their parents and teachers.

Since all low self-esteemers are raised in a dysfunctional family atmosphere, the chances of

them passing I.s.e. behavioral traits on to their children are almost guaranteed.

Logically, you can trace your own genealogy of low self-esteem by simply reviewing your own family tree. "I got low self-esteem from my parents...who got it from their parents...who got it from their parents...who got it from their parents...and so on...and so on...and so on."

Each generation of parents faithfully passes what they consider normal behavior on to the next generation. It seems hard to imagine such a self-destructive cycle has been occurring for centuries. No wonder Planet Earth is overrun with social, political, and economic turmoil.

IN DENIAL

Problem? What problem? Wrong? Nothing's wrong. "I'm okay...everything's fine!" Admitting to yourself or to others you have a problem, any problem, is undeniably uncomfortable. For many, virtually impossible. Self-evaluation and self-admittance requires a healthy self-esteem.

Fact: low self-image promotes self-denial. Self-denial, or being "in denial", prevents you from making correct decisions and stands in the way of clear thinking. When you are in denial, you create a fake reality, destroying any chance you have to improve emotionally. Denial takes away your desire to change, robbing you of your leadership potential. When you're in denial you're in deep trouble, and you don't want to admit it.

A popular solution is: if I avoid my problems, they will go away. It's so much easier to tell yourself there is no problem than to have to deal with the issues at hand. You're hoping the problem will go away by itself—disappear into thin air. But it never does.

AM I IN DENIAL?

Self-denial is learned. You are not born with it. Denial, like all other forms of low self-esteem, is acquired during childhood by observing parents in denial, brothers and sisters in denial, and relatives in denial. As you grow up, you

tend to emulate the denial habits and patterns of your peer group. People in denial pretend everything's wonderful, often living in a world of fantasy and make-believe.

Denial is self-crippling.

There is one way to dissolve your self-denial, to cure your on-going depressions, to admit something is wrong. You must discover high self-esteem behavior.

YOUR JOURNEY BEGINS

You have now identified low self-esteem characters and how they behave, now you must seek out high self-esteem individuals and observe their behavior. Your great journey is under way. Your desire to change fills you with wanderlust—a high spirit for adventure—great adventure.

In concluding your first great step, you have put low self-esteem in proper perspective by identifying it. By identifying the virus, you force the sinister low self-esteem invaders from the dark shadows of human emotion into the bright sunlight of social awareness.

You're now aware of low self-esteem and vow to eliminate it. You're senses are magnified—keenly alert. Your new-found awareness has captured the attention of people closest to you, especially your loved ones. Family and friends notice a subtle change in you. Somewhat attentive, but very cautious, they're watching you closely.

You now realize how low self-esteem behavior is acquired during childhood. You've earned treasure one—self-love. You must now continue your great journey, your search for self, so you may eliminate low self-image from your life and the lives of the people you love. Step two: Recognize High Self-Esteem, awaits you.