




SELF-TRAPS

The **selfish** person says:  *“I have needs and I am going to take them from you to get my needs met.”*

The **self-sufficient** person says:  *“I don’t have any needs and if I do, I am going to take care of them myself.”*

The **self-condemning** person says:  *“I have needs but I don’t deserve to get them met.”*

The **self-protective** person says:  *“I have needs but I am afraid to get them met.”*