I always feel I must do something	I always hate making mistakes	I always live too much in the past
I always want to be in control	I always want to save the other person	I am always quick to criticise
I am not good at asserting myself	I am often dissatisfied	I am often inflexible
I am often insecure	I am often jealous	I am often lacking in confidence
I am often lacking in determination	I am often lacking in willpower	I am often lazy
I am often less than completely honest	I am often passive	I am often quick to judge
I am often vain	I brood about things quite a lot	I constantly need confirmation
I easily feel let down	I easily feel personally attacked	I easily feel rejected
I feel anxious easily	I feel like I often get too little love	I feel worried easily
I get bored easily	I get frustrated easily	I get irritated easily
I have difficulty accessing my feelings	I never feel like I have enough	I often avoid people or issues
I often behave domineeringly	I often behave greedily	I often complain to others
I often deny things	I often disturb others	I often don't dare to express myself
I often fail to safeguard my boundaries	I often feel alone	I often feel angry
I often feel as if being flung back and forth	I often feel as though I'm not good enough	I often feel ashamed
I often feel confused	I often feel dependent on others	I often feel disappointed

I often feel divided

I often feel ill at ease

I often feel inhibited

I often feel less than completely safe

I often feel like I don't belong

I often feel misunderstood

I often feel overwhelmed

I often feel restless

I often feel small, belittled

I often feel tired

I often feel unattractive

I often find it difficult to forgive

I often find myself boring

I often get stuck in my thoughts

I often let myself be led by my emotions

I project things easily on others

I often feel empty inside

I often feel ill placed

I often feel insecure

I often feel like a loser

I often feel like I'm not myself

I often feel overlooked

I often feel powerless

I often feel sad

I often feel superior to others

I often feel trapped

I often feel unimportant

I often find it difficult to give myself

I often find myself in conflict with others

I often have to fight for things

I often put things off

I often feel guilty

I often feel indifferent

I often feel left out

I often feel like I am not welcome

I often feel listless

I often feel overpowered

I often feel resistance

I often feel short-changed

I often feel the sorrow of loss

I often feel unappreciated

I often feel vulnerable

I often find it difficult to let go

I often find things meaningless

I often insulate myself

I often suffer from tension and stress