

I can get too personal  
 I can be overly sensitive and emotional  
 I can be overly tolerant  
 I am very needy  
 I seek peace when in conflict  
 I am often unwell  
 I get tired a lot and want to sleep  
 I often pick fights and see the negative  
 I hold back from natural pleasures  
 I have an anger phobia  
 I am a watcher more than a doer  
 I spend a lot of time on the phone  
 I don't trust a lot of women  
 I am forgetful  
 I have been known to be quite manipulative  
 I worry people I love will leave me  
 I find it hard to speak my needs  
 I much prefer one on one

I think others are against me  
 Control is an important issue for me  
 I study a lot  
 I don't do 'nice'  
 I can be a bit of a loner  
 I can't find the right job  
 I am out of touch with my body  
 I need someone to take care of me  
 I spend a lot of time on the computer  
 I don't communicate very well  
 I detach myself from situations easily  
 I don't trust a lot of men  
 I fantasize whilst making love  
 I avoid eye contact and tend to withdraw  
 I am not needy and I avoid fuss  
 I am outraged if I am criticized unfairly  
 I watch sport but don't play it  
 I have been told I am insensitive

### Highlight your exit strategies

within your highest and/or lowest % scores

Exits from showing up in the world

Exits from Aloneness

A  
v  
o  
i  
d  
i  
n  
g  
  
O  
b  
j  
e  
c  
t  
i  
v  
i  
t  
y

A  
v  
o  
i  
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n  
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S  
u  
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i  
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t  
y

