

RECOGNIZE DESTRUCTIVE FEELINGS INDICATE WEEDS: GADSAP

- 1. Guilt: private self-blaming.**
- 2. Anxiety: doubting, looping.**
- 3. Depression: self-damning.**
- 4. Shame: social self-blaming.**
- 5. Anger: other-damning.**
- 6. Pride: self-praise, ego trip.**

Copyright © 2006 by Kevin Everett FitzMaurice

www.kevinfitzmaurice.com