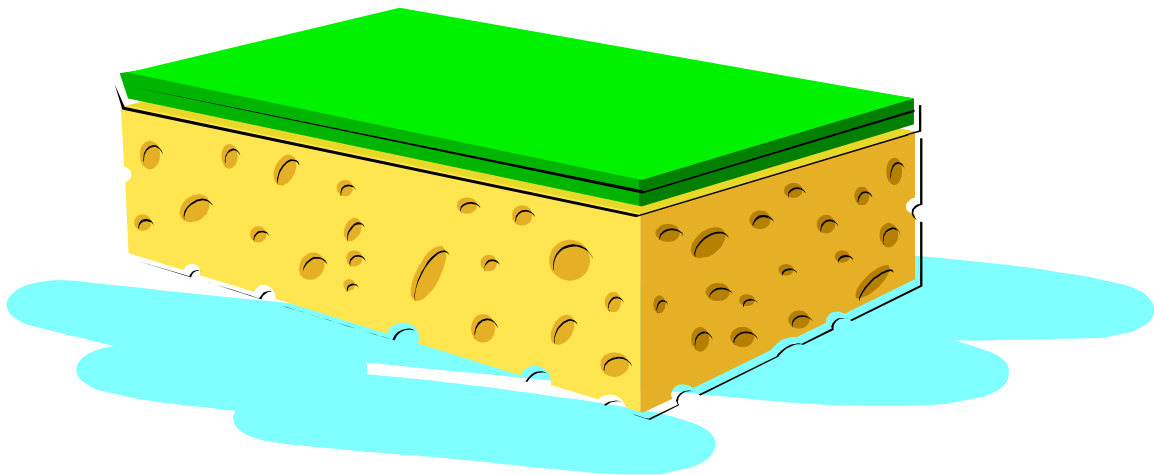


# The “SPONGE”



- Take defeat personally and often become caught in a quagmire of self-doubt and self-hate.
- Too aware of their needy inner child and respond by trying to ignore or annihilate it.
- Basic unmet human needs and are terrified of being abandoned or rejected.
- Convinced that if they do not act the way they do, chaos will result (i.e., they will be abandoned)

<b>Views Himself as:</b>	<b>Tends to be:</b>
Needy	Sensitive
Fearful	Emotional
Timid	People oriented
Overwhelmed	Sensitive to criticism and rejection
vulnerable	Desperate to please, placate, and perform

Uses defensive strategies to pretend they have no shame!