

## **LIFE MASTERY TRAINING**

### **LOWER-SELF QUALITIES**

We all have a dark and a light. The dark is the worst of you, and the light is the best of you. One cannot exist without the other to balance it. Life must be a choice between these extremes. Choose your lower-self qualities from these profile lists. Then name what you think your highest higher-self quality that balances it in your life would be. Share “On my worst days I am \_\_\_\_\_ and on my best days I am \_\_\_\_\_.”

#### **ENFORCER:**

Liar-  
Self Will-  
Selfish-  
Self Righteous-  
Irrational-  
Cheater-  
Fighter-  
Narcissistic-  
Angry-  
Rageful-  
Seductive-  
Controlling-  
Walking Chaos-  
Psychopathic-  
Vain, Proud-  
Neurotic-  
Ruthless-  
Overbearing-  
Egoistical-  
Demonic-  
Broken-  
Chronic Disability-  
Life Sucking Vampire-  
Serial Killer-  
Bi-Polar-  
Insane-  
Addicted-  
Depressed-  
Irresponsible-  
Obsessed-  
Violent-  
Hypocrite-  
Egotistical-  
Victim to victimize-  
Sadistic-  
Self Righteous-  
Megalomaniac-  
Shape shifter-  
Envy-  
Hostile-

#### **RULE KEEPER:**

Narcissistic-  
Proud-  
Ruthless about perfection-  
Selfish-  
Demanding-  
Withholding-  
Dismissive-  
Aloof-  
Hypocrite-  
Cruel-  
Rejecting-  
Passionless-  
Critical-  
Abandoning-  
Self Abusive-  
Judgmental-  
Know-it all-  
Pigheaded-  
Hardnosed-  
Self Important-  
Egotistical-  
Coldblooded-  
Needless-  
Emotionless-  
Better Than-  
More Spiritual Than-

**POOR ME:**

Neurotic-  
Co-dependent-  
Needy-  
Demanding-  
Childlike-  
Helpless-  
Emotionally Excessive-  
Unstable-  
Powerless-  
Draining Vampire-  
Vulnerable-  
Selfish-  
Self Righteous-  
Narcissistic-  
Manipulative-  
Victim-  
Compulsive-  
Addict-  
Drama Addict-  
Pathetic-  
Blaming-  
Complaining-  
Pollyanna-  
Fearful-  
Irrational-  
Submissive-  
Meek-  
Defenseless-  
Self Absorbed-

**PEOPLE PLEASER:**

Resentful-  
Co-dependent-  
Resistant-  
Childlike-  
Spiteful-  
Victim-  
Passive Resistant-

Angry-  
Self Hatred-  
Self Flagellating-  
Self Sacrificing-  
Selfless-  
Brooding-  
Pleasure less-  
Stubborn-  
Obstinate-  
Submissive-  
Dense-  
Slow-  
Stuck Mentally-  
Masochistic-  
Martyr-

**THINKER:**

Fear-  
Neurotic-  
Fantasy-  
Rejecting-  
Phobic-  
Naïve Faith-  
Avoiding-  
Aloof-  
Dissociated-  
Schizoid-  
Terrorized-  
Scattered-  
Spaced out-  
Loveless-  
Hateful-  
Powerless-  
Lost-  
Abandoning-  
Delusional-  
Conspiracy-  
Anxious-  
Internally critical-  
Perverse-  
Passive-  
Tormented-