



PQ Operating System

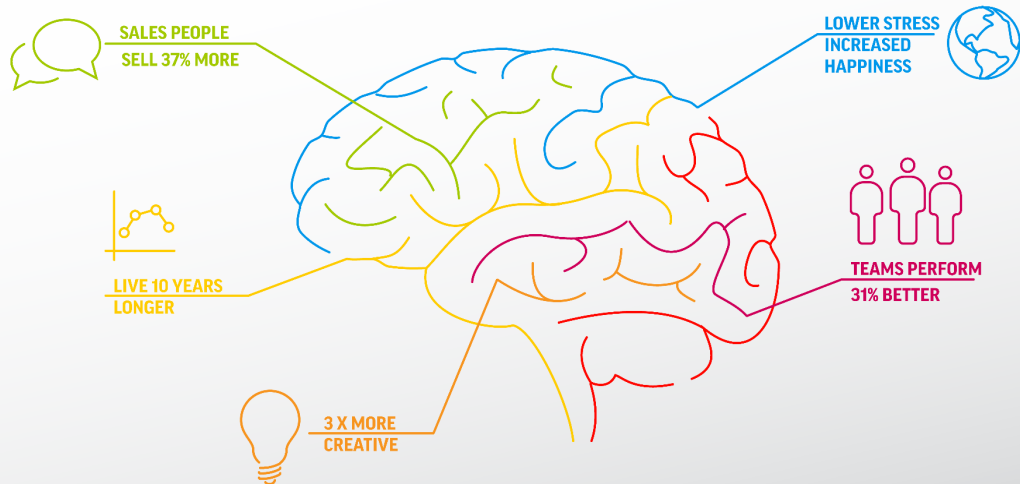


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IMPACT OF POSITIVE INTELLIGENCE

BASED ON RESEARCH COLLATED BY SHIRZAD CHAMINE



Breakthrough Results

Within 6-8 weeks of mental fitness training you'd be able to see the results in MRI imaging:

- Increased gray matter in the PQ Brain region, home to your Sage (positive mental muscles)
- Decreased gray matter in the Survivor Brain region, home to your Saboteurs (negative mental muscles)



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Improvements in these competencies lead to substantial results:

- At MetLife, trained salespeople outsold the control group by 37%
- Motorola recorded improved productivity in 93% of trained employees
- In a UK restaurant group, higher competency resulted in 34% greater profit growth
- At Sanofi-Aventis Pharmaceutical, the average salesperson with improved competency sold \$55,200 more per month
- At L'Oreal, strength in these competencies resulted in \$91,370 increase per sales person
- At CIBC, strength in these competencies account for 32% of booked sales and 71% of pipeline sales

A Foundational Platform for Sustained Growth

Positive Intelligence optimizes each individual's performance and wellbeing through the first six weeks of mental fitness training. Starting with Week 7, this shared operating system enables teams to strengthen the 4 Pillars that maximize team performance and wellbeing.

The app platform enables continuing growth through ongoing Modules that use the operating system in a variety of personal and professional, individual and team applications. Mental fitness, similar to physical fitness, gets to be an ongoing commitment.





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Elevates Your Organization's EQ

Positive Intelligence represents a breakthrough in your ability to raise Emotional Intelligence (EQ) across your organization. The main challenges until now have been the existence of too many EQ competencies (18) and that initial improvements quickly fade over time.

Positive Intelligence dramatically simplifies this challenge due to factor analysis research that identified the root-level building blocks of EQ. 17 out of 18 EQ competencies are automatically developed through a combination of intercepting the negative Saboteurs and activating Self-Command and the 5 positive Sage Powers.

The resulting EQ improvements are sustained because we focus on building habit-forming mental muscles, not just insights.

98% of our program participants experience EQ growth. The percentage of participants improving each competency are listed below:



Self-Awareness

- 97 Emotional Self-Awareness
- 98 Accurate Self-Assessment
- 83 Self-Confidence



Self-Management

- 91 Emotional Self-Control
- 82 Transparency
- 90 Adaptability
- 85 Achievement
- 80 Initiative
- 91 Optimism



Social Awareness

- 97 Empathy
- 84 Service Orientation



Relationship Management

- 76 Developing Others
- 79 Inspirational Leadership
- 78 Change Catalyst
- 76 Influence
- 84 Conflict Management
- 92 Teamwork & Collaboration

Build & Support High-Performing Teams

Our initial six-week app-guided program boosts each individual's mental fitness through the Saboteur Interceptor, Self-Command, and Sage muscles. Starting in week 7, the app modules enable a team to assess their strength on the 4 Pillars required for maximal team performance and wellbeing: Triple Purpose, Earned Trust, Healthy Conflict, and Mutual Accountability.

Triple Purpose



Earned Trust



Healthy Conflict



Mutual Accountability

Team members hold each other accountable for both results and conduct, as opposed to waiting for the team leader to do so.



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Mental Fitness is the X-Factor

- If you're not physically fit, you'd feel physical stress as you climb a steep hill.
- If you're not mentally fit, you'd feel mental stress, such as anxiety, frustration, or unhappiness, as you handle work and relationship challenges.
- 80% of people score below the minimum level of mental fitness required for peak performance and happiness.
- The great news? With recent breakthroughs in neuroscience and technology, you can now improve your mental fitness significantly within 6 weeks of practice.
- The results? Dramatically improved performance and productivity and a calm, clear and happier mind.

Lifelong Applications

Positive Intelligence is an operating system with many applications. In the first six weeks you develop your 3 core mental muscles. In subsequent weeks, modules in the app then enable you to use those muscles for a variety of work and life applications. You continue to grow.





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Measuring Mental Fitness (PQ)

- Mental fitness is a measure of the strength of your positive mental muscles (Sage) versus the negative (Saboteur).
- Saboteurs react to challenges in ways that generate negative emotions such as stress, disappointment, self-doubt, regret, anger, shame, guilt, or worry.
- Your Sage handles challenges through positive emotions like empathy, gratitude, curiosity, creativity, self-confidence, and calm, clear-headed, laser-focused action.
- The relative strength of your positive Sage versus negative Saboteurs is called PQ (Positive Intelligence Quotient).
- PQ is the measure of your Mental Fitness. It's the best predictor of how happy you are and how well you perform relative to your potential.
- You can boost your PQ significantly with practice.

3 Core Muscles of Mental Fitness

1. Saboteurs Interceptor Muscle

Your Saboteurs generate all your negative emotions, including stress, anxiety, self-doubt, anger, avoidance, procrastination, insensitivity or discontent. Mental fitness requires the ability to intercept and discredit the Saboteurs.

2. Sage Muscle

Your Sage is the one in you that handles challenges with a clear and calm mind, and positive emotions. It also has access to your 5 primary powers. All you need to paint any canvas is 3 primary colors. Similarly, through factor analysis research we've discovered that there are only 5 primary powers: Empathize, Explore, Innovate, Navigate, and Activate. For peak performance, you learn to boost all 5 powers and know when to use which power.

3. Self-Command Muscle

You're not in full command of your mind. If you were, you would choose to entirely silence the Saboteurs in your head. You would choose to not stress out over what you can't control, push away self-doubts, recover from disappointments immediately, and spend little time in anger, regret, or blame.



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PQ Reps are innovative 10-second exercises which build up this crucial Self-Command muscle in the brain. You learn to run your brain, rather than allow your Saboteur-hijacked brain to run you.

Introducing the PQ Program

Daily Practice

15 minutes/day of app-guided practice enables you to establish mental muscles (neural pathways). These exercises are bite-sized to fit your busy schedule and customized based on how you self-sabotage.

Measurable Progress

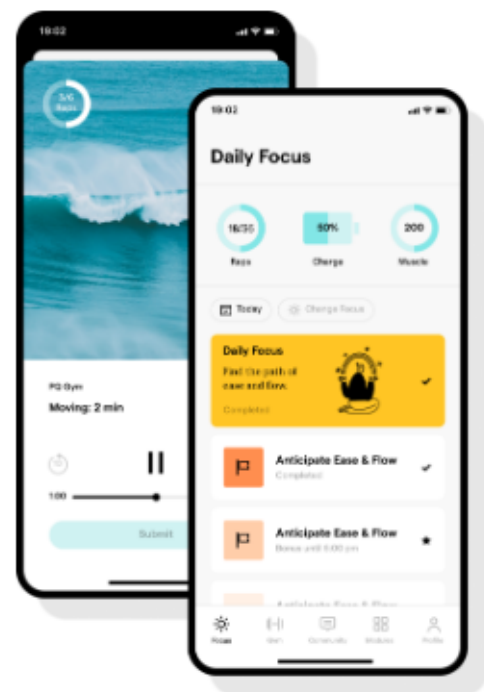
You'll feel motivated through instant feedback on exactly how much progress you're making towards building the 3 core muscles of mental fitness. Brain rewiring may be visible in MRI imaging within 8 weeks.

Weekly Focus

Weekly hour-long video delivers deep experiential exploration of the week's focus. You'll feel inspired and energized to practice during the week in order to sustain the benefits experienced during the video sessions.

Community Support

We help you establish a support and accountability group with other program participants. Research has shown this to be a critical success factor for establishing lasting new positive habits of the mind.



- Designed like a mental fitness bootcamp, the PQ Program gives you the insights, motivation, and structure to practice 15 minutes per day for 6 weeks.
- The program combines weekly video sessions with daily app-guided practices to boost your 3 core mental fitness muscles.



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Weekly 1-hour Video Sessions

In these highly engaging sessions, Shirzad guides you through experiential exercises that deepen and personalize your understanding of the mental fitness tools. You leave inspired and energized for the week's daily practices.

Exclusive App Guiding Your Daily Practice

- Each day a different focus for daily practice is assigned through a personalized companion app available exclusively to program participants.
- This builds one small muscle at a time, laying down new neural pathways to form lasting positive habits of your mind. The cumulative impact by the program's end is substantial.

Interactive PQ Gym

- Innovative 10-second PQ Reps build up your Self-Command muscle. You learn to be clear-headed and calm even in the midst of great challenges, able to command your mind to shift from Saboteur to Sage response.

Daily Progress Tracking

- The app tracks your daily progress against minimum targets associated with new neural pathway (muscle) formation. Personalized daily coaching tips from Shirzad continue to both encourage and challenge you to keep going.



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 Positive Intelligence®		MENTAL FITNESS PROGRAM SCHEDULE						
		MON	TUE	WED	THU	FRI	SAT	SUN
Week 0 Prep Week				Take Assessments	Download App		Watch Week 1 Video (60 min)	
Week 1 Boost Self-Command		Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Week 2 Video (60 min)	
Week 2 Intercept the Judge	Weekly Reflection (5 min)	Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Week 3 Video (60 min)	
Week 3 Accomplice Saboteurs	Weekly Reflection (5 min)	Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Week 4 Video (60 min)	
Week 4 Shift To Sage	Weekly Reflection (5 min)	Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Week 5 Video (60 min)	
Week 5 Boost Your Sage Powers	Weekly Reflection (5 min)	Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Week 6 Video (60 min)	
Week 6 Taking Action	Weekly Reflection (5 min)	Daily App-Guided Exercises Focus of the Day, Coach Challenges, Reflection (2 min every 3 hrs)					Watch Wrap-Up Video (60 min)	
Week 7 Continuing Your Practice	Weekly Reflection (5 min)			Grow Content Begins*				

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*For those who choose to continue the journey beyond 6 weeks

Saboteurs

The Judge is the universal Saboteur that afflicts everyone. It is the one that beats you up repeatedly over mistakes or shortcomings, warns you obsessively about future risks, wakes you up in the middle of the night worrying, gets you fixated on what is wrong with others or your life, etc. Your Judge is your greatest internal enemy, activates your other top Saboteurs, causes you much of your stress and unhappiness, and reduces your effectiveness.

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GOAL: Conquer your Judge so you can achieve more while having more fun along the way. The Judge uses one or more “accomplice” Saboteurs to hijack your mind. Explore all 10 saboteurs below!

Origins of the Saboteurs

Saboteurs start off as our guardians to help us survive the real and imagined threats to our physical and emotional survival as children. By the time we are adults, we no longer need them, but they have become invisible inhabitants of our mind.

Our Saboteurs’ patterns of thinking, feeling, and reacting become soft-coded in our brain through neural pathways. When these neural pathways are triggered, we are “hijacked” by our Saboteurs and feel, think, and act using their patterns.

The Judge’s 9 accomplice Saboteurs are classified based on their motivation and style.

Lies of Saboteurs

Your Saboteurs claim they are good for you. For example, your Judge tells you that its constant badgering over your mistakes and shortcomings cause you to improve and achieve.

It is true that your Saboteurs have successfully PUSHED you to improve and succeed through fear, anxiety, blame, shame, guilt, etc. (Negative Reinforcement). However, research shows that you would succeed even more if you were PULLED by your inherent positive feelings of curiosity, compassion, creativity, love for yourself and others, and love for contribution and self expression (Positive Reinforcement). AND, you would be far happier and less stressed.

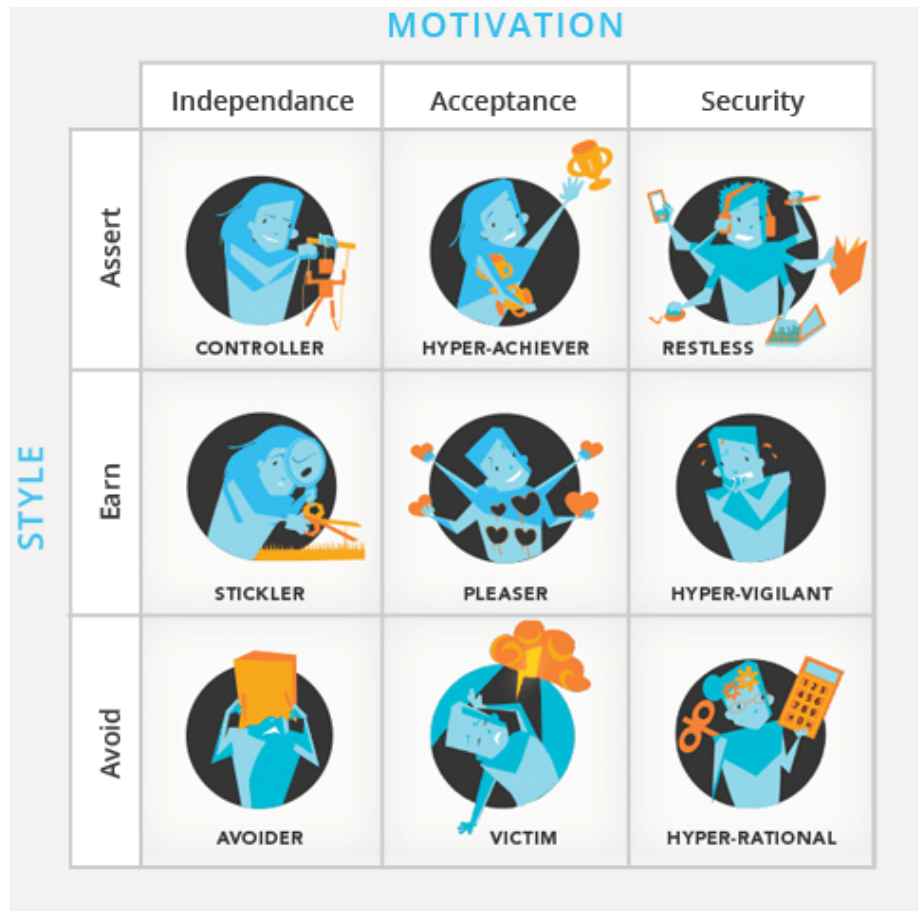


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Avoider:

Description: Focusing on the positive and pleasant in an extreme way. Avoiding difficult and unpleasant tasks and conflicts.

Characteristics: Avoids conflict and says yes to things one wouldn't want. Downplays the importance of real problems and tries to deflect others. Has difficulty saying no. Resists others through passive-aggressive means rather than directly. Loses self in comforting routines and habits; procrastinates on unpleasant tasks.



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Thoughts: This is just too unpleasant. Maybe if I let it go it will take care of itself. If I deal with this now, I will hurt her feelings. I'd rather not. If I get into conflict with others, I might lose my connection with them. I have found balance. I don't want to mess with it. I'd rather give someone else their way than create a scene.

Feelings: Even keel. Anxiety about what has been avoided or procrastinated. Fear about hard-won peace of mind being interrupted. Suppressed anger and resentment rather than expressed anger.

Justification Lies: You are a good person to spare others' feelings. No good comes out of conflict. It is good to be flexible. Someone needs to be the peacemaker.

Impact on Self and Others: Denying the conflicts and negativities that do exist prevents one from actually working with them and turning them into gifts. Feeling numb to pain is different than knowing how to harvest the wisdom and power of pain. What is avoided doesn't go away and festers. Relationships are kept superficial through conflict avoidance. Others' trust level is reduced as they are not sure when negative information is being withheld.

Original Survival Function: Avoider could rise from both happy and difficult childhoods. In a happy childhood, one might not have learned the resiliency of dealing with difficult emotions. In a childhood of high conflict and tension, the Avoider might come in to play peacemaker and learn to not add any negativity or tension of one's own on top of the existing family tensions.

Controller:

Description: Anxiety-based need to take charge and control situations and people's actions to one's own will. High anxiety and impatience when that is not possible.

Characteristics: Strong energy and need to control and take charge. Connect with others through competition, challenge, physicality, or conflict rather than softer emotions. Willful, confrontational, straight talker. Push people beyond their comfort zone. Comes alive when doing the impossible and beating the odds. Stimulated by and connected through conflict. Surprised that others get hurt. Intimidate others. In-your-face communication interpreted by others as anger or criticism.



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Thoughts: You are either in control or out of control. If I work hard enough I can and should control the situation so it goes my way. Others want and need me to take control. You are doing them a favor. No one tells me what to do.

Feelings: High anxiety when things are not going my way. Angry and intimidating when others don't follow. Impatient with others feelings and different styles Does feel hurt and rejected, although rarely admit to it.

Justification Lies: Without the Controller, you can't get much done. You need to push people. If I don't control, I will be controlled, and I can't live with that. I am trying to get the job done for all our sakes.

Impact on Self and Others: The Controller does get temporary results but at the cost of others feeling controlled and resentful and not able to tap into their own greater reserves. Controller also generates a great deal of anxiety as many things in work and life are ultimately not controllable.

Original Survival Function: Underneath the bravado of the Controller there is often a hidden fear of being controlled by others or life. Controller is sometimes associated with early life experiences where the child is forced to grow up fast, be on its own, and take charge of its chaotic or dangerous surroundings in order to survive physically and/or emotionally. It is also associated with being hurt, rejected, or betrayed and deciding to never be that vulnerable again.

Hyper Achiever:

Description: Dependent on constant performance and achievement for self-respect and self-validation. Highly focused on external success, leading to unsustainable workaholic tendencies and loss of touch with deeper emotional and relationship needs.

Characteristics: Competitive, image and status conscious. Good at covering up insecurities and showing a positive image. Adapt personality to fit what would be most impressive to the other. Goal oriented and workaholic streak. More into perfecting public image than introspection. Can be self promoting. Can keep people at a safe distance.

Thoughts: I must be the best at what I do. If I can't be outstanding, I won't bother. Must be efficient and effective. Emotions get in the way of performance. Focus on thinking and



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action. I can be anything I want to be. You are worthy as long as you are successful and others think well of you.

Feelings: I don't like dwelling in feelings for too long. They distract me from achieving my goals. Sometimes I feel empty and depressed inside, but don't linger there. Important to me to feel successful. That's what it is all about. I feel worthy mostly when I am successful. Could have fear of intimacy and vulnerability. Closeness with others would allow them to see that I am not as perfect as the image I portray.

Justification Lies: Life is about achieving and producing results. Portraying a good image helps me achieve results. Feelings are just a distraction and don't help anything.

Impact on Self and Others: Peace and happiness is fleeting and short-lived in brief celebrations of achievement. Self-acceptance is continuously conditioned on the next success. Lose touch with deeper feelings, deeper self, and ability to connect deeply with others. Others might be pulled into the performance vortex of the Hyper-Achiever and become similarly lopsided in their focus on external achievement.

Original Survival Function: For the Hyper-Achiever, self-validation, self-acceptance and self-love are all conditional—conditioned on continual performance. This is often the result of either conditional or altogether absent validation from parental figures. Even with very loving and approving parents, it is easy for children to get the sense that they are loved in return for achieving, obeying the rules, having good manners, etc., rather than unconditionally.

Hyper Rational:

Description: Intense and exclusive focus on the rational processing of everything, including relationships. Can be perceived as cold, distant, and intellectually arrogant.

Characteristics: Intense and active mind, sometimes coming across as intellectually arrogant or secretive. Private and don't let many people into my deeper feelings. Mostly show feelings through passion in ideas. Prefer to just watch the craziness around me and analyze from a distance. Can lose track of time due to my intense concentration. High penchant for skepticism and debate.

Thoughts: The rational mind is where it is at. Feelings are distracting and irrelevant. Many people are so irrational and sloppy in their thinking. Needs and emotions of others distract



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me from my projects. I need to shut out intrusions. What I value most is knowledge, understanding, and insight. Self worth is attached to mastering knowledge and competence.

Feelings: Frustrated with others being emotional and not rational enough. Anxious about preserving personal time, energy, and resources against intrusions. Feeling different, alone, and not understood. Often skeptical or cynical.

Justification Lies: The rational mind is the most important thing. It should be protected from the wasteful intrusion of people's messy emotions and needs, so it can get its work done.

Impact on Self and Others: Limits the depth and flexibility of relationships in work and life by analyzing rather than experiencing feelings. Intimidates less analytically intense people.

Original Survival Function: The Hyper-Rational is a good survival strategy in early childhood circumstances of emotional turmoil or chaotic surroundings. The escape into the neat and orderly rational mind generates a sense of security or a sense of intellectual superiority. It also gains us attention and praise by showing up as the smartest person in the room.

Hyper Vigilant:

Description: Continuous intense anxiety about all the dangers and what could go wrong. Vigilance that can never rest.

Characteristics: Always anxious, with chronic doubts about self and others. Extraordinary sensitivity to danger signals. Constant expectation of mishap or danger. Suspicious of what others are up to. People mess up. Might seek reassurance and guidance in procedures, rules, authorities, institutions.

Thoughts: When is the other shoe going to drop? If I make a mistake, I fear everyone is going to jump down my throat. I want to trust people, but I find myself suspicious of their motives. I need to know what the rules are, although I might not always follow them.

Feelings: Skeptical, even cynical. Often anxious and highly vigilant.

Justification Lies: Life is full of dangers. If I don't look out for them, who will?



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Impact on Self and Others: This is a hard way to live. The constant anxiety burns a great deal of vital energy that could otherwise be put to great use. Loses credibility due to the “crying wolf” phenomenon. Others begin to avoid the Hyper-Vigilant as the intensity of that energy drains them.

Original Survival Function: The Hyper-Vigilant often comes from early experiences where the source of safety and security (parental figure) was unpredictable and unreliable. It could also result when painful unexpected events proved life to be threatening or unreliable.

Judge:

Description: Finds faults with self, others, and circumstances. Causes much of our disappointment, anger, regret, guilt, shame and anxiety. Activates accomplice Saboteur.

Characteristics: Self: Badgers self for past mistakes or current shortcomings.
Others: Focuses on what is wrong with others rather than appreciation. Gets into inferior/superior comparisons.
Circumstances: Insists a circumstance or outcome is “bad” rather than see it as a gift and opportunity.

Thoughts: What is wrong with me? What is wrong with you? What is wrong with my circumstance or this outcome?

Feelings: ALL guilt, regret, shame, and disappointment is from the Judge. Much of the anger and anxiety is instigated by the Judge.

Justification Lies: Without me pushing you, you will get lazy and complacent. Without me punishing you for mistakes, you will not learn from them and repeat them. Without me scaring you about bad future outcomes, you will not work hard to prevent them. Without me judging others, you will lose your objectivity and not protect your self-interest. Without me making you feel bad about the bad outcome, you won’t do anything to change it.

Impact on Self and Others: Judge is the master Saboteur and the original cause of much of our anxiety, distress, and suffering. It also is the cause of many relationship conflicts.



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Original Survival Function: A bias towards noticing, exaggerating, and reacting to the negative is a central survivor strategy. It reduces our chances of being surprised and harmed by unanticipated dangers to our physical and emotional survival. Because of this key function, the Judge is the universal Saboteur shared by all, regardless of the circumstances of our upbringing.

Pleaser:

Description: Indirectly tries to gain acceptance and affection by helping, pleasing, rescuing, or flattering others. Loses sight of own needs and becomes resentful as a result.

Characteristics: Has a strong need to be liked by people and attempts to earn it by helping, pleasing, rescuing, or flattering them. Needs frequent reassurance by others about their acceptance and affection. Can't express own needs openly and directly. Does so indirectly by having people feel obligated to reciprocate care.

Thoughts: To be a good person I should put the needs of others ahead of my own. It bothers me when people don't notice or care about what I have done for them. They can be selfish and ungrateful. I give away too much and don't think of myself enough. I can make anyone like me. If I don't rescue people, who will?

Feelings: Expressing one's own needs directly feels selfish. Worried that insisting on one's own needs may drive others away. Resentful for being taken for granted, but have difficulty expressing it.

Justification Lies: I don't do this for myself. I help others selflessly and don't expect anything in return. The world would be a better place if everyone did the same.

Impact on Self and Others: Can jeopardize taking care of one's own needs including emotionally, physically, or financially. Can lead to resentment and burnout. Others can develop dependence rather than learn to take care of themselves, and feel obligated, guilty, or manipulated.

Original Survival Function: The Pleaser tries to earn attention and acceptance through helping others. This is an indirect attempt to have one's emotional needs met. It is fed by two original assumptions that are picked up in childhood: 1. I must put others' needs ahead of my own. 2. I must give love and affection in order to get any back. I must earn it and am not simply worthy of it.



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Restless:

Description: Restless, constantly in search of greater excitement in the next activity or constant busyness. Rarely at peace or content with the current activity.

Characteristics: Easily distracted and can get too scattered. Stays busy, juggling many different tasks and plans. Seeks excitement and variety not comfort or safety. Bounces (escapes) from unpleasant feelings very quickly. Seeks constant new stimulation.

Thoughts: This isn't fulfilling. This next thing has got to be more exciting. These negative feelings suck. I must shift my attention to something exciting. Why can't anyone keep up with me?

Feelings: Impatience with what is happening now. Wondering what is next. Fear of missing out on other more worthwhile experiences. Restless and wanting more and more options. Worried that focusing on any unpleasant feeling will grow and become overwhelming.

Justification Lies: Life is too short. It must be lived fully. I don't want to miss out.

Impact on Self and Others: Underneath the surface of fun and excitement of the Restless is an anxiety based escape from being present to this moment's full experience, which might include dealing with unpleasant things. The Restless avoids a real and lasting focus on the issues and relationships that truly matter. Others have a difficult time keeping up with the frenzy and chaos brought by the Restless and unable to build anything sustainable around it.

Original Survival Function: The Restless is a strategy to find constant new sources of excitement, pleasure, and self-nurturing. This could be associated with early life experiences with inadequate parental nurturing or painful circumstances. Restless indulgence not only provided substitute self nurturing, but also an escape from having to deal with anxiety and pain.

Stickler:

Description: Perfectionism and a need for order and organization taken too far.

Characteristics: Punctual, methodical, perfectionist.



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Can be irritable, tense, opinionated, sarcastic.
Highly critical of self and others.
Strong need for self-control and self-restraint.
Works overtime to make up for others' sloppiness and laziness.
Is highly sensitive to criticism.

Thoughts: Right is right and wrong is wrong. I know the right way. If you can't do it perfectly, don't do it at all. Others too often have lax standards. I need to be more organized and methodical than others so things get done. I hate mistakes.

Feelings: Constant frustration and disappointment with self and others for not living up to ideal standards. Anxious that others will mess up the order and balance I have created. Sarcastic or self-righteous overtones. Suppressed anger and frustration.

Justification Lies: This is a personal obligation. It is up to me to fix whatever mess I encounter. Perfectionism is good, plus it makes me feel better about myself. There is usually a clear right and clear wrong way to do things. I know how things should be done and must do the right thing.

Impact on Self and Others: Causes rigidity and reduces flexibility in dealing with change and others' different styles. Is a source of ongoing anxiety and frustration. Causes resentment, anxiety, self-doubt, and resignation in others, who feel continually criticized and resign themselves that no matter how hard they work they will never please the Stickler.

Original Survival Function: The Stickler offers a way of quieting the constant voice of self judgment and fear of others' judgments through trying to be perfect. If you do what is right, you will be beyond interference and reproach by others. Perfection and order brings a sense of temporary relief. Might have generated a sense of order in the middle of a chaotic family dynamic, or earned acceptance and attention from emotionally distant or demanding parents by standing out as the irreproachable perfect kid.

Victim:

Description: Emotional and temperamental as a way to gain attention and affection. An extreme focus on internal feelings, particularly painful ones. Martyr streak.



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Characteristics: If criticized or misunderstood, tend to withdraw, pout, and sulk. Fairly dramatic and temperamental. When things get tough, want to crumble and give up. Repressed rage results in depression, apathy, and constant fatigue. Unconsciously attached to having difficulties. Get attention by having emotional problems, or being temperamental and sullen.

Thoughts: No one understands me. Poor me. Terrible things always happen to me. I might be uniquely disadvantaged or flawed. I am what I feel. I wish someone would rescue me from this dreary mess.

Feelings: Tend to brood over negative feelings for a long time. Feel alone and lonely, even when I'm around people I am close to. Feelings of melancholy and abandonment. Envy and negative comparisons.

Justification Lies: Maybe this way I get some of the love and attention that I deserve. Sadness is a noble and sophisticated thing that shows exceptional depth, insight, and sensitivity.

Impact on Self and Others: Vitality wasted through focus on internal processing and brooding. Backfires by pushing people away. Others feel frustrated, helpless, or guilty that they can't put more than a temporary BandAid on the Victim's pain.

Original Survival Function: The Victim is sometimes associated with a childhood experience of not feeling seen and accepted, coming to believe that something is especially wrong with you. Victim is a strategy to squeeze out some affection from those who would otherwise not be paying attention. The moods mimic a false sense of aliveness.