



5 Emotionals Punishments:

- 1) Defectiveness
- 2) Shame
- 3) Inferiority
- 4) Guilt
- 5) Magnified Fear



1. DEFECTIVENESS

Makes you feel flawed, broken, and fundamentally bad. It convinces you that something is deeply wrong with who you are.



2. SHAME

The threat of exposure—other people will see that you are bad, unacceptable, and unworthy of love and belonging. It erodes your self-worth.



3. INFERIORITY

Makes you feel less than others. It fuels comparison, self-doubt, and the belief that you will never be good enough.



4. GUILT

Attacks your sense of morality. It makes you believe you've done something bad or selfish.



5. MAGNIFIED FEAR

Exaggerates danger, failure, and rejection. It keeps you trapped in worry, avoidance, and constant self-protection.