

If you seek POWER

(success, winning, influence)

- **Your greatest nightmare:**
Humiliation
- **People around you often feel:**
Used
- **Your problem emotion:**
Anger

If you seek APPROVAL

(affirmation, love, relationships)

- **Your greatest nightmare:**
Rejection
- **People around you often feel:**
Smothered
- **Your problem emotion:**
Cowardice

If you seek COMFORT

(privacy, lack of stress, freedom)

- **Your greatest nightmare:**
Stress, demands
- **People around you often feel:**
Neglected
- **Your problem emotion:**
Boredom

If you seek CONTROL

(self-discipline, certainty, standards)

- **Your greatest nightmare:**
Uncertainty
- **People around you often feel:**
Condemned
- **Your problem emotion:**
Worry