

What I Seek	The Price I'm Willing to Pay	My Greatest Nightmare	Others Often Feel...	I Often Feel...
Comfort <i>(privacy, lack of stress, freedom)</i>	Reduced Productivity	Stress, Demands	Hurt	Boredom
Approval <i>(affirmation, love, relationship)</i>	Less Independence	Rejection	Smothered	Cowardice
Control <i>(self-discipline, certainty, standards)</i>	Loneliness, Spontaneity	Uncertainty	Condemned	Worry
Power <i>(success, winning, influence)</i>	Burdened, Responsibility	Humiliation	Used	Anger
Pleasure <i>(feeling good, fun, enjoyment, escape)</i>	Broken Relationships	Boredom, Feeling Trapped	Ignored and/or Used	Obsessed and Guilty