LIMITING PERSONALITY TRAITS TABLE Note: Looking up the meaning of these words may provide a more fulsome context in which these are used. **COLUMN A COLUMN B COLUMN C** ☐ Shattered ☐ Bitter □ Edgy ☐ Depressed ☐ Envious ☐ Restless ROW ☐ Angry ☐ Disrespectful ☐ Arrogant 1 ☐ Fearful ☐ Apprehensive ☐ Pessimistic ☐ Nervous ☐ Stressed ☐ Uneasy ☐ Lost ☐ Obsessive ☐ Heartbroken ☐ Low Self-Esteem ☐ Inflexible ☐ Passive ROW ☐ Intolerant ☐ Miserable ☐ Remorseful ☐ Judgmental ☐ Moody ☐ Fussy 2 ☐ Shameful ☐ Apathetic ☐ Domineering ☐ Resentful ☐ Shutdown ☐ Uncaring ☐ Secretive ☐ Tactless ☐ Unloved ROW ☐ Abusive ☐ Aloof ☐ Unsettled 3 ☐ Weepy ☐ Distraught ☐ Condescending ☐ Melancholy ☐ Defensive ☐ Wishy-Washy ☐ Helpless ☐ Perfectionist ☐ Insecure □ Needy ☐ Indecisive ☐ Argumentative ROW ☐ Impulsive ☐ Cynical ☐ Controlling 4 ☐ Thoughtless ☐ Self-destructive ☐ Aimless ☐ Stubborn ☐ Hypocritical ☐ Ungrateful