

## *Common Carry Box Styles*

**The "I'm Better Than" Box**

<p style="text-align: center;"><b><i>Self View</i></b></p> <p style="text-align: center;">Superior Important Virtuous/Right</p>	<p style="text-align: center;"><b><i>Other View</i></b></p> <p style="text-align: center;">Inferior/Incapable Irrelevant False/Wrong</p>
<p style="text-align: center;"><b><i>Feelings</i></b></p> <p style="text-align: center;">Impatient Disdainful Indifferent</p>	<p style="text-align: center;"><b><i>Worldview</i></b></p> <p style="text-align: center;">Competitive Troubled Needs Me</p>

**The "I Deserve" Box**

<p style="text-align: center;"><b><i>Self View</i></b></p> <p style="text-align: center;">Meritorious Mistreated Unappreciated</p>	<p style="text-align: center;"><b><i>Other View</i></b></p> <p style="text-align: center;">Ungrateful Mistreating Mistaken</p>
<p style="text-align: center;"><b><i>Feelings</i></b></p> <p style="text-align: center;">Entitled Deprived Resentful</p>	<p style="text-align: center;"><b><i>Worldview</i></b></p> <p style="text-align: center;">Unfair Unjust Owes Me</p>

**The "I Must Be Seen As" Box**

<p style="text-align: center;"><b><i>Self View</i></b></p> <p style="text-align: center;">Need to be well thought of Fake</p>	<p style="text-align: center;"><b><i>Other View</i></b></p> <p style="text-align: center;">Judgmental Threatening My Audience</p>
<p style="text-align: center;"><b><i>Feelings</i></b></p> <p style="text-align: center;">Anxious/Afraid Needy/Stressed Overwhelmed</p>	<p style="text-align: center;"><b><i>Worldview</i></b></p> <p style="text-align: center;">Dangerous Watching Judging Me</p>

**The "I'm Worse Than" Box**

<p style="text-align: center;"><b><i>Self View</i></b></p> <p style="text-align: center;">Not as Good Broken/Deficient Fated</p>	<p style="text-align: center;"><b><i>Other View</i></b></p> <p style="text-align: center;">Advantaged Privileged Blessed</p>
<p style="text-align: center;"><b><i>Feelings</i></b></p> <p style="text-align: center;">Helpless Jealous/Bitter Depressed</p>	<p style="text-align: center;"><b><i>Worldview</i></b></p> <p style="text-align: center;">Hard/Difficult Against Me Ignoring Me</p>