Pride — how I think others see me

Start sentences with — *"Others should..."* or *"No one should..."* or *"Others can..."*

Example: *Others should see what a likable guy I am. → (disliked)*

References: Column 3 Instructions | Common Fears | Examples

How to Identify This Area

If I'm bothered by what others think about me because of the event in Column 2, my **pride** is affected. *(ref. 02-column-3.md)*

Using Bill's actor metaphor from Step Three — Pride is **how the rest of the players are supposed to see me.** It is not how they *do* see me — it is how I *demand* they see me. It is the image I need others to hold of me.

How to Write It

Start each sentence with **"Others should..."** or **"No one should..."** and write what you demand others think, see, or believe about you. Then bracket the fear — what you're afraid they actually think.

The gap between the demand and the fear is where the resentment lives. *"Others should see what a likable guy I am"* reveals: *(disliked)*. The demand for admiration is driven by the fear of its absence.

Template:

- Others should _____. *(_____)*
- No one should _____. *(_____)*

Alternate format: Some people find it helpful to use the two-part format: *"I think they see me as…; I want them to see me as…"* This makes the gap between feared perception and demanded perception visible.

- I think they see me as _____; I want them to see me as _____. *(* _____ *)*

Tips:

- Pride is about **others' perception of me** — if it's about how *I* see myself, that's Self-Esteem
- Multiple entries per resentment are common — you may have several demands about how others should see you
- Use simple adjectives or nouns, not verb phrases — e.g., *"a lazy idiot"* not *"someone who doesn't work hard"*
- No *"I think…"* or *"I feel…"* statements *(ref. p.62-¶1)*

Examples from the Inventory

- *"No one should want to take advantage of me." (taken advantage of)* — #1 Mr. Brown
- *"Others should see what a likable guy I am." (disliked)* — #2 Mrs. Jones
- *"Others should see how irreplaceable I am." (dispensable)* — #3 My Employer
- *"Others should see what a great catch I am." (unwanted)* — #4 My Wife
- *"Others should see the value of my help." (not valued)* — #5 Susie
- *"No one should see me as a push over." (taken advantage of)* — #5 Susie
- *"No one should see me being lied to." (disrespected, not valued)* — #6 Mr. Brown Alternate
- *"Others should see how important I am." (not important)* — #7 My Father
- *"No one should see me being left out." (abandoned, scorned)* — #7 My Father
- *"She should see that I have changed for the better and that I actually do more housework than she does." (seen as the same)* — #8 My Sister

- *"Others should protect me. Others should see me as powerful, not as a victim." (always be victim, can't protect self)* — #9 God Does Not Care About Me
- *"Others should 'stand in line' to be with me! Others should see me as having it 'all together'!" (fraud, rejected, loser)* — #10 Not Fulfilled Without a Relationship
- *"Others should want me and value me." (unwanted, invisible)* — #11 I Am Unloveable
- *"People should want me whether I have money or not. People should see that I am powerful and successful." (fraud, unloved, weak)* — #12 Not OK Without Money

Additional Examples

These are additional examples showing the range of how Pride shows up. Some use the BBA *"Others should..."* format, others the alternate *"I think they see me as... / I want them to see me as..."* format.

- *"I think she sees me as a lazy idiot. I want her to see me as a prized virtuoso."* — Gillian (client's employee who criticised my work)
- *"I think she sees me as an errant child. I want her to see me as a star performer."* — Milford (secretary of home group who polices service)
- *"I think they see me as a security risk. I want them to see me as a prized visitor."* — Immigration system at airport
- *"I think he sees me as irrelevant. I want him to see me as important."* — Peter (colleague who ignored me)
- *"I think he sees me as a whipping boy. I want him to see me as an anonymous pupil."* — Andrew (teacher who shouted at me)
- *"He sees me as inconsiderable and selfish. I want him to see me as innocent and helpful."* — Peter (blames me for his problems)
- *"She sees me as a bossy boots. I want her to see me as a great authority."* — Susan (employee who criticised me)
- *"He sees me as a pushover, a patsy. I want him to see me as a respected authority."*
- *"He sees me as an equal. I want him to see me as a superior."*
- *"She sees me as difficult and thoughtless. I want her to see me as helpful and professional."*
- *"Others should see what a great catch I am." (unwanted)*
- *"Others should see how irreplaceable I am." (dispensable, unworthy, unimportant, forgotten)*

- *"No one should take advantage of me." (taken advantage of, pushed around, weak)*
- *"No one should see me as weak." (weak)*
- *"No one should look down on me." (stupid, dumb, easy mark, wrong)*
- *"No one should tell me what to do." (controlled, pushed around, dominated)*

Common Fears Under Pride

These fears commonly appear under Pride in the inventory. Each one is what I'm afraid others actually think about me.

- **abandoned** — *"I need to know she'll never leave me to be okay."* — #4, #7
- **always be victim** — *"Others should see me as powerful, not as a victim."* — #9
- **can't protect self** — *"Others should protect me."* — #9
- **disliked** — *"Others should see what a likable guy I am."* — #2
- **dispensable** — *"Others should see how irreplaceable I am."* — #3
- **disrespected** — *"No one should see me being lied to."* — #6, #7
- **fraud** — *"Others should see me as having it 'all together'!"* — #10, #12
- **invisible** — *"Others should want me and value me."* — #10, #11
- **loser** — *"Others should 'stand in line' to be with me!"* — #10
- **not important** — *"Others should see how important I am."* — #5, #6, #7
- **not valued** — *"I need others to see my value as a person to be okay."* — #2, #3, #5, #6 | fear example
- **rejected** — *"I want the respect and approval of others."* — #7, #10
- **scorned** — *"No one should see me being left out."* — #7
- **seen as the same** — *"She should see that I have changed for the better."* — #8
- **taken advantage of** — *"No one should want to take advantage of me."* — #1, #5, #8
- **unloved** — *"I wanted to be loved no matter what I do."* — #4, #7, #10, #12 | fear example
- **unwanted** — *"A real man is wanted anywhere."* — #2, #4, #6, #10, #11, #12 | fear example
- **weak** — *"A real man stands up for himself."* — #1, #7, #9, #12 | fear example

Deeper Understanding

Pride is where I assign roles to other people — specifically, what they are supposed to *think about me*. If Self-Esteem is the character I play, Pride is the audience review I demand.

Two Forms of Pride

The pattern across the examples falls into two forms:

"Others should..." — a demand for positive regard: *"Others should see what a likable guy I am," "Others should see how irreplaceable I am," "Others should want me and value me."*

"No one should..." — a demand against negative exposure: *"No one should see me being lied to," "No one should see me as a push over," "No one should see me being left out."*

Both are the same demand: **control how others perceive me.** The first seeks admiration. The second avoids exposure. And neither can ever be fully met, because I cannot control what anyone thinks.

The Two-Part Format Reveals the Gap

The additional examples in the two-part format show the gap most clearly:

I think they see me as...	I want them to see me as...
a lazy idiot	a prized virtuoso
an errant child	a star performer
a security risk	a prized visitor
irrelevant	important
a whipping boy	an anonymous pupil
inconsiderable and selfish	innocent and helpful

Notice how extreme the gap often is: *lazy idiot → prized virtuoso*, *errant child → star performer*. The further the gap, the stronger the resentment. Also notice the Andrew

example: *"I want him to see me as an anonymous pupil"* — sometimes the pride demand is not to be seen as great, but simply to not be singled out for shame. Pride is not always grandiosity. Sometimes it's just a desperate wish to disappear.

Pride Is Not Always About Status

The examples from the 7-manifestations file show that Pride also includes demands about not being:

- **controlled** — *"No one should tell me what to do"*
- **weak** — *"No one should see me as weak"*
- **stupid** — *"No one should look down on me"*

These are defensive demands — not "see me as great" but "don't see me as defective." They show up frequently in family resentments (#7 My Father, #8 My Sister) where the fear is not about reputation but about being *seen for who I really am.*

What Pride Reveals About "My Way"

What others think of me is ultimately outside my control. The resentment comes from demanding something I can never guarantee. When the demand is met, the relief is temporary. When it isn't met, the resentment follows immediately. The fears in parentheses — *disliked, dispensable, unwanted, invisible* — are what I believe will happen if I stop managing other people's perceptions.

What others think is of no significance. What I am and what I am worth are unaffected by good or bad opinion. Approval is a drug — it feels good momentarily, but its effects wear off, and I always need more. The demands of Pride reveal where I have made my peace conditional on other people's thoughts, which means I have handed the keys to my serenity to people who don't even know they're holding them.

This list is not exhaustive — your inventory will reveal pride patterns unique to you. Use this as a starting point to help identify how you demand others see you in each resentment.
