

### **13 Observations about People with Bumped and Bruised Souls**

1. We have to guess at what is normal.
2. We have difficulty following through with projects.
3. We lie when it would be just as easy to tell the truth.
4. We judge ourselves without mercy.
5. We have difficulty having fun.
6. We take ourselves very seriously.
7. We have difficulty with intimate relationships.
8. We overreact to situations over which we have no control.
9. We constantly seek approval.
10. We are either super responsible or super irresponsible and or swing back and forth between those polarities.
11. We feel that we are different from other people.
12. We are extremely loyal in the face of overwhelming evidence that we should not be.
13. We are impulsive and as such we tend to get ourselves locked into situations or circumstances or courses of action without giving due and proper consideration to the outcome or the possible consequences. This impulsivity leads to confusion, self-loathing and a loss of control over the environment. As a result "Bumped and Bruised" people often spend excessive amounts of time cleaning up messes.