

THE SELFISH SPECTRUM

SELF SACRIFICE		
OVERLY PASSIVE & SELF-DENYING	1	Always You, Never Me
	2	You First, Then Me
	3	Sometimes Me, But Only If It's REALLY Important
HEALTHY SELF-INTEREST	4	Sometimes You, Sometimes Me
	5	Usually Me First, Then You
DESTRUCTIVE SELFISHNESS	6	Always Me, Then You
	7	Me And Mine, Screw You
SELFISH		