A

Anxieties

- Uncertainty that creation might not be pure love but a struggle for survival
- Fear that I am different / incompatible with others
  - Fear that others may be heartless/ violent
  - Fear that I am weak because of my non-violent, emphatic nature
  - I think I'm great, but I'm afraid others won't see me for what I am / could be scared of me
  - Having to hide: I'm lucky they haven't found me yet
  - Not brave enough to stand by my convictions
    - Submit myself to not overwhelm others with my capabilities / characteristics of my being
- Recurring feeling that others might need something from me
- Fear that I cannot take care of myself
  - Can't say no
    - Can't cope with possibility of disappointing others or am quick to assume that I disappointed others
  - Fear to run out of money

Compulsions

- Urge to make everything perfect
  - Self-hatred when something doesn't work out as planned
- Unconditional sense of responsibility for everything
- Putting others before myself
  - Feeling of guilt when I put myself first
- Impatience
- Negative thoughts
  - Judging others
  - Judging myself
- Need to plan ahead
  - Being unspontaneous
- Constantly on the lookout for optimization opportunities
  - Urge to always have to achieve/get something done
  - Search for non-obvious problems