

Step 1 UA

1. What symptoms of underearning have you experienced or are you currently experiencing? (Hint: look at the symptoms list)
2. How have you tried to control or overcome underearning on your own efforts?
3. In what ways has your underearning defeated you? What did you do in response to this feeling of defeat? (Hint: Quit jobs, use credit cards, fight with co-workers)
4. How is underearning making your life unmanageable? (Hint: Having no money, job or clients, debting, eviction)
5. How have you tried to make underearning work? (Hint: working 3 jobs, working overtime, cheating on the job)
6. What do you consider to be an underearning job or client?
7. How did you react to other people's prosperity around you and why? (Hint: Undercut them, criticize them, gossip about them, or conspire against them.)
8. In what instances have you had a bad attitude about being an employee or a subordinate? How did you express this bad attitude?
9. In what instances have you slacked off on the job, disappointing supervisors, co-workers, family members or spouses?
10. How have you tried to top or outshine your co-workers in order to get a raise or promotion as a solution to your underearning?
11. In what instances did you manipulate others to do your work for you because you felt the work was beneath you?