Describe the person’s behavior in detail

This person was very egocentric, selfish, to their own detriment and to others around them. They were dishonest, and often I think it was partly due to fear, knowing that they were doing or not doing things injuriously to themselves and not wanting others to know this. This often involved not taking care of their health and not being considerate of others when they were trying to help this person. They would hide the truth about their situation from others.

This person was generally very negative most of the time and difficult to be around. It was difficult to trust them because they were using various people to get what they wanted but not considering or not caring about the problems that their behavior was causing.

Based on the person’s behavior, I would describe their thinking in the following ways

I think their thinking was egocentric, usually thinking only of themselves although the outcome of their thinking was injurious to themselves and not taking into consideration others who cared for them. I think a lot of their behavior was fear driven, not trusting those around them, often due to their own behavior leading to distrust of them. They seemed to justify that their dishonesty was justified. I think the tangled web that they had weaved became almost inescapable in their estimation, so they continued in their deception and self-deception.

This person displays the following types of feelings

Anger when they did not get their way. Avoidance of talking about things that should be addressed. Behaving in a depressed manner. Excessive sleeping and lack of caring for themselves. Lack of self-love.

This person is motivated to

Avoid and hide the reality of their situation.

This person does use other people to get what they want

By avoidance and hiding the truth of their condition, they are getting what they want, to the detriment of their own health and they were disregarding the concerns that others had for their well-being.

This person does not exhibit sincere concern for the thoughts and feelings of others. To elaborate…

An example of this was canceling an initial doctor’s appointment with an oncologist. I had taken off from work so that I could take her to this doctor’s appointment. She was most often “helpless” except when it suited her purpose, in reference to her canceling her appointment. Usually she “couldn’t” make or cancel and appointment. She intentionally did not tell me because she didn’t want me to know she had canceled the appointment, and she didn’t care that I had taken off from work and lost a day’s pay. Her decision to lie and cover up her deception caused me a hardship that she did not care about. As it turned out, thankfully, she was not diagnosed with a life-threatening illness.

PART TWO - Comparison of myself to the above individual

Maybe the apple doesn’t fall far from the tree, in some respects!

I had been elusive, at best, about getting screened for a particular medical test. This was rather important, especially based on the family medical history. It was not a wise choice for me to avoid this test. I usually avoided talking about it, or I would change the subject if it came up. I was very selfish, and egocentric in causing a few others worry and concern. I believe this was based on my fear that I had had for years and still have. I finally had the testing done and thankfully, everything turned out fine.