



One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

**SUPERIORITY**

**su·pe·ri·or·i·ty** – *higher than another, a dominant manner or attitude.*

**B**eing around someone that has a superiority complex can be maddening since their default behavior is to always prove you wrong and make you feel inferior to them. In their mind, they’re ranked higher, smarter, richer, more attractive, more self-assured, of a higher class or more experienced.

The feeling of superiority has a profound effect on your interactions with others. It often places a barrier between really getting to know someone, who they are as a person and what their life is like. Your internal judgements keep you from actually connecting with them.

When people display superiority over others, it usually stems from their deep beliefs that they're right and you're wrong. They are fully convinced that their opinions and moral standings are not only correct, but that those who disagree are stupid or immoral. They are also reluctant to listen to the viewpoints of others, while at the same time eager to let their own opinions be heard.

We've all encountered people who display their superiority over issues such as;

- Religion – if you don't believe as they do, you're doomed
- Diet – if you aren't a vegan you're morally corrupt
- Politics – if you vote differently than they do, you just "don't get it"
- Business Ventures – if you don't join their network marketing group you're stupid
- New-Agey Journey – if you're not on the band wagon you're unenlightened
- Fitness – if you're not a gym rat you're lazy

These are just a few examples but these people are of course not right. Every issue can be viewed from several angles. Truth is; there is seldom just one correct answer to anything. A person's viewpoint is dependent on his or her own position and priorities. There are ways to more effectively deal with those people that think they are better than you are. The bottom line is that you will not always be able to avoid the person that feels them-self to be superior but you can learn how to deal with people who think they are better than you.

If you find yourself being the one who feels superior to others and want to turn that around, to start with – be aware of your judgement of others. Realize that your opinion is just that; it is your opinion. Not everyone may agree, which is their prerogative so be open to different views, ideas, and opinions and truly listen and understand where someone may be coming from. Everyone has had different experiences, learned different skills and has knowledge of things unfamiliar to you. Show respect and accept what others have to say. Leave behind your habit to see others as inferior by seeing positive in everyone. It's then that things will begin to change.

## **The Art of Emotional Composure**

To learn how to deal with people who display superiority or to change it in yourself – the answer is right at your fingertips! Refer to the **BASIC POWER TAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – learn to stop judging others and enjoy better relationships with those around you!

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