## Checklists: Characteristics of Chronically Unhappy People

Recommended: Review this list before the interview. Use the chart to keep track of notes relating to these topics, tally responses, or spot words/themes in the candidate's answers.

| | | |
|---|---|---|
| Whining | Resentful | Finding Fault |
| Irresponsible | Self-Pity | Victimhood |
| Complaining | Ungrateful | Defensiveness |
| Denial | Drama | Missing the point of any suggestion |
| Unrealistic | Jealous | Can't let go |
| Angry | Worry | Disappointed |
| Fear | Anxiety | Repeats bad experience |
| Blame | Bitter | Superior to others |
| Never contribute | Keeps score | Monotonous |
| Resentful | Suspicious | Enjoys others misfortune |
| Insecure | Gossip | Superficial |


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