

# The Entitlement Detector

Consider the following statements, and use them to determine whether you've begun to develop any sense of privilege yourself; that is, if you've begun to believe that your business, colleagues, and employers "owe" you certain things.

- I expect fairness from others.
- My good work should be recognized from my boss with a thank you.
- When I respect others, they should respect me.
- Good service should always be expected in a restaurant.
- If I perform well on my job, I should be rewarded with a raise.
- When I cover for someone at work, they should do the same for me.
- I am entitled to "life, liberty, and the pursuit of happiness."
- Others should recognize when I'm upset with a situation.
- I expect to be included in the appropriate meetings.
- My company should pay for my education and training.
- I work hard. I deserve a good life.
- People stress me out when they are incompetent.

If you answered "Yes" to any of these statements, you are probably carrying around a lot of internal anger—because people do not give you what you feel you're entitled to. If this is the case, you need to learn the subtle art of *responding*, not *reacting*. You are not "owed" anything by anyone. Instead, your challenge is to do things for people because it's healthy or mature or "right," not because you can earn "brownie points" that you can cash in whenever you want.

