■ I keep a lot of anger bottled up inside of me ■ I keep a sharp eye on others' work ■ I keep improving myself  $\equiv$  I keep in the background  $\equiv$  I keep in touch with old friends  $\equiv$  I keep my **appointments** ≡ I keep my checkbook balanced ≡ I keep my cool ≡ I keep my distance from strangers ≡ I keep my emotions under control ≡ I keep my faith even during hard times **■ I keep my feelings to myself, regardless of how scared I am ■ I keep my feelings to myself,** regardless of how unhappy I am ≡ I keep my hair fashionable ≡ I keep my happy feelings to **■ I keep my promises ■ I keep my sense of humor even in gloomy situations** keep myself uninvolved ≡ I keep myself well-groomed ≡ I keep old traditions ≡ I keep on the topic ≡ I keep others at a distance ≡ I keep people waiting ≡ I keep promises that I make to myself ≡ I keep situations under control ≡ I keep straight right from wrong keep the peace ≡ I keep things that I never use ≡ I keep things tidy **■ I keep to myself** even when I'm around other people ≡ I keep to myself ≡ I keep up an appearance know how things work ≡ I know how to apply my knowledge ≡ I know how to captivate **≡ I know how to comfort others ≡ I know how to control myself ≡ I know how to** convince others ≡ I know how to cope ≡ I know how to do my job ≡ I know how to do well  $\equiv$  I know how to enjoy myself  $\equiv$  I know how to fly a helicopter  $\equiv$  I know how to **≡** I know how to get things done ≡ I know how to make something get around the rules from nothing **≡** I know how to play the bagpipes **≡** I know immediately what to do **≡** I **≡ I know my strengths ≡ I know no limits ≡ I know people whose** know my limitations opinions are simply not worth listening to ≡ I know someone for whom I would do almost anything ≡ I know someone who is absolutely fair and just ≡ I know someone whom I really care about as a person ≡ I know someone with whom I feel free to be myself ≡ I know that anyone who tries can get a job ≡ I know that I am not a special person ≡ I know that I can improve myself ≡ I know that I can live my life in any way I want to ≡ I know that I wouldn't be any happier if I owned nicer things 

I know that I'm a special person ■ I know that I'm good because others tell me so ≡ I know that many people helped me to get to where I am todav ■ I know that modesty doesn't become me ■ I know that my achievements will be forgotten after I'm dead ≡ I know that my anger is a problem ≡ I know that my belief in I god / a I higher I power helps me to understand my purpose in life



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