

3 SIGNS OUR CONSCIENCE IS TRYING TO GET OUR ATTENTION

1. A high level of defensiveness or irrational hostility when certain topics are brought up...even if no one directly accuses you of wrongdoing.
2. Persistent efforts made regarding self-justification. Not simply explaining why you did something hurtful or unwise; but rather, craftily presenting the explanation in order to convince listeners (and perhaps yourself) of how an obviously harmful action was actually right and good.
3. An inability to experience joy, even when things are going well.