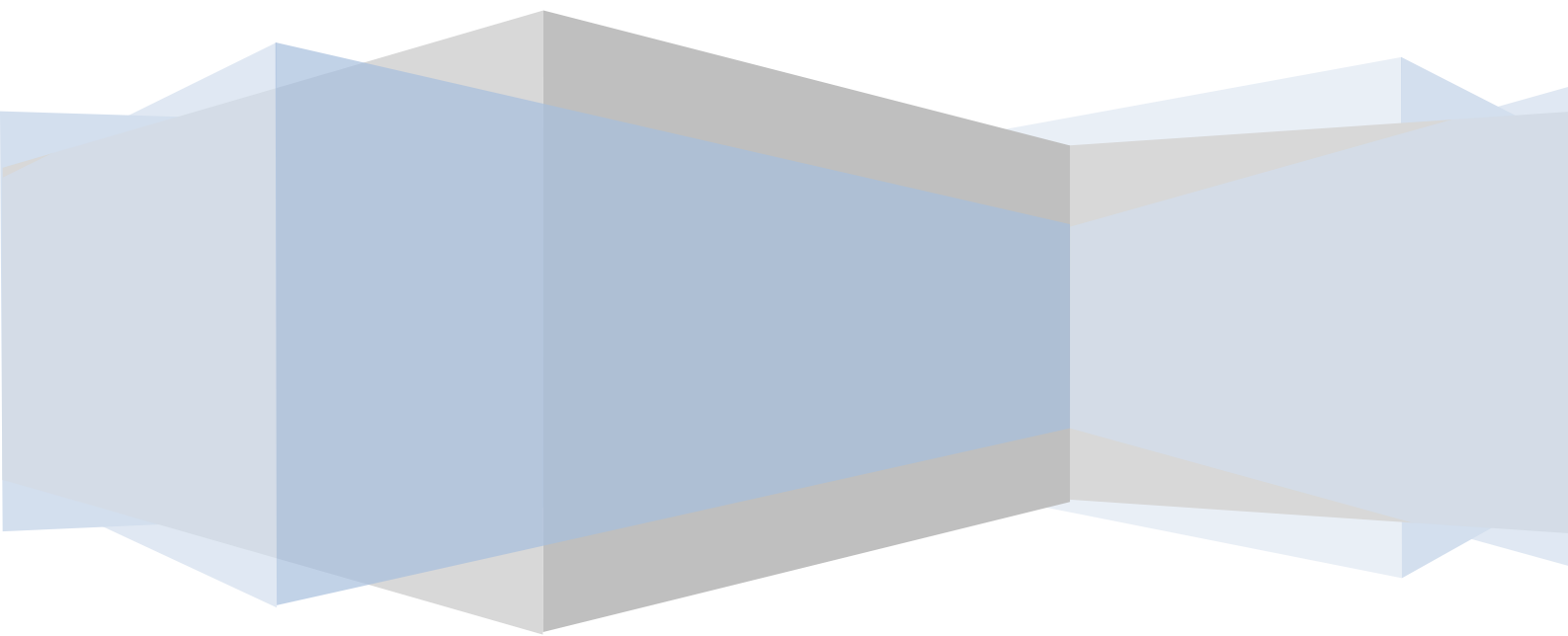


The Inner Coach

Default Negative Attainments



Keith Collins

Negative Attainments are attained by default.

I do not consciously choose to attain them.

I sub-consciously attain them by default.

I default to my fears & my limiting beliefs that cause my emotional needs.

An emotional need is the effect of a negative attribute.

A limiting belief causes a negative emotional experience that becomes a default negative attainment, until it is challenged & changed.

Negative attainments cause the real experience of a false belief as worry, anxiety or fear.

When I challenge a negative belief and change it for a positive belief, I am able to meet my need for emotional energy and enjoy a new, more positive experience.

My truth is always a positive attainment, especially the truth of who I really am.

Default Attainments are the effect of an unmet emotional need.

Boredom is my unmet **need to achieve**.

Loneliness is my unmet **need to be included**.

Jealousy is my unmet **need to be needed**.

Bother is my unmet **need to be protected**.

Worry is my unmet **need to be in control**.

Obsession is my unmet **need to accomplish**.

Compulsion is my unmet **need for order**.

Cowardice is my unmet **need to be brave**.

Prevarication is my unmet **need to be perfect**.

Procrastination is my unmet **need to be right**.

Duty is my unmet **need for approval**.

Wrath is my unmet **need for obedience**.

Greed is my unmet **need to be better than**.

Pride is my unmet **need to be outstanding**.

Arrogance is my unmet **need to be heard**.

Pleasing is my unmet **need to be liked**.

Sarcasm is my unmet **need to be adored**.

Cynicism is my unmet **need for others to take authority**.

Criticism is my unmet **need for others to be perfect**.

Gluttony is my unmet **need to prosper**.

Bigotry is my unmet **need to be clever**.

Avarice is my unmet **need to be rich**.

Patience is my unmet **need to be healthy**.

Selfishness is my unmet **need to win**.

Aloof is my unmet **need to be free**.

Interrogation is my unmet **need to be safe**.

Fear is my unmet **need to be certain**.

Anger is my unmet **need for power**.

Embarrassment is my unmet **need to be humble**.

Humiliation is my unmet **need to be good**.

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