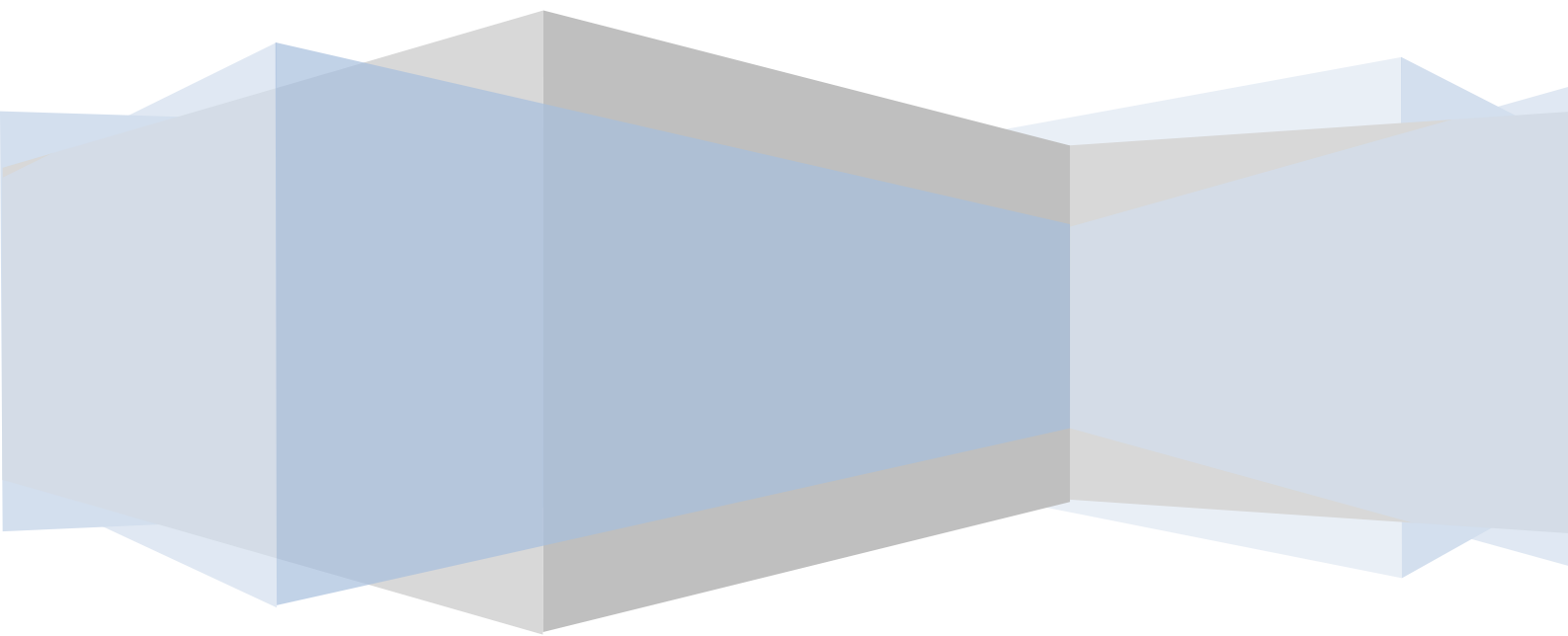


The Inner Coach

Negative Emotional Intensities



Keith Collins

Anxiety is the feeling that something is going wrong.

The belief that something can go wrong causes a negative emotional reaction called anxiety.

Fear is the intensification of an anxiety in the realisation that what can go wrong will go wrong.

It is an inability to act caused by a conviction that the outcome will be negative, bad and detrimental.

It is an apparent realisation of a negative belief projected into the reality of a current situation.

It is a negative belief projected as a negative outcome.

Dread is an intense fear that incapacitates the believer.

It is a fear that is too intense to confront.

It is a fear that is too fearful to believe.

It is a feeling that is caused by a conviction that my doom is imminent.

Disapproval is the state of feeling uncomfortable with an aspect of my Self that is being expressed.

I disapprove of a negative aspect of my Self.

I disapprove of someone who expresses an aspect of their self that I disapprove of in my Self.

Attributing an aspect of my Self that I disapprove of takes me out of my comfort zone.

This is exactly where I need to be to change who I am being in respect of what I am doing.

Disgust is intense disapproval.

When I strongly disapprove of an emotionally negative state of being, I am disgusted.

I am disgusted by what others are reflecting to me as my own negative attainments.

I am disgusted by what I see in others and fail to see in my Self.

Repulsion is a feeling of intense disgust.

My most unattractive qualities are most repulsive.

I find something to be absolutely repulsive when I am totally disgusted by how much I disapprove of it.

This is the extent of my inability to approve of my value & the poor quality of my Self worth.

Guilt is the feeling of doing something wrong.

It is caused by being in conflict with someone else's choice of authority.

I am never in conflict with my own authority.

I am never deprived the authority to choose, unless I choose to allow others to deprive me of my authority & choice.

When I do, I feel guilt.

Sorrow is the intense guilt of doing something that I believe to be wrong.

It is the un-forgiveness of my own self blame.

Sorrow is the acceptance of someone else's rules being right.

I am sorry for breaking their rules and feel sorrow for doing so.

Sorrow is my expression of being sincerely sorry.

Shame is my intense sorrow at being wrong or being wronged by another.

Making my Self wrong is caused by a fear or a false or limiting belief.

There is no shame in being right & living my truth.

With my forgiveness & my being accepting, there is no judgment, there is no blame, there is no guilt, no sorrow & no shame.

Being Coy is being careful.

It is being careful to avoid situations that may be emotionally costly or draining.

It is choosing when to express my Self and when to avoid relating to others.

Being Shy is being overwhelmed in the presence of others.

Shyness is an oversensitivity to the intensity of another's emotional energy.

It is the inability to relate on an equal energetic level with another.

Being Embarrassed is being overwhelmed by my own emotional energy potential.

It is my inability to channel my own emotional power effectively.

Blocking my own emotional energy causes blushing, overheating & incompetence.

It is an expression of my low self-worth due to my inability to express my full potential competently.

Being Criticised is being told that I am bad or wrong.

I am criticised for my apparently inappropriate actions & improper behaviour.

Criticism highlights my imperfection.

Being Humiliated destroys my self-confidence.

I am humiliated by my lack of confidence that causes my feeling of inadequacy.

I am grounded by my attachment to other people's authority.

I am humiliated by other's intense criticism.

Being Condemned is extreme humiliation.

I am condemned by other people's perspective & judgment of who I am and what I have done.

I am condemned by other people's beliefs & convictions.

I am sentenced to experience the loss of my own life and experience a slow & lingering death.

The critic that humiliates & condemns me most is my own inner sub-conscious ego self.

My Meekness is due to my feeling of incompetence.

I am drawn to follow the perceived competence of someone else's authority.

My meekness encourages the wrath of others and their belief in their need for authority over others.

Meekness is caused by a lack of self-worth.

My Weakness is due to the fallibility of my beliefs.

It is caused by my incapacity to be strong.

My strength & weakness is a measure of my will power that is driven by my convictions & beliefs.

Fears create my weakness when I see my convictions as a strength.

Weakness is experienced as a lack of self-confidence.

My Inadequacy is a reflection of my own belief system.

An inadequate belief incapacitates my competence and causes my incapability.

When my confidence & worth are both low, my self-esteem is seen as inadequate.

Meek, weak & inadequate are all degrees of the incompetence, incapacity & incapability of my worth, confidence & esteem.

Being graceful, gentle & good are preferable to being arrogant, strong & adequate.

Displeasure is what I experience when I believe that what I am experiencing is making me unhappy.

When my happiness depends on what is outside of my control, I will either be pleased or displeased by whatever is occurring.

Displeasure is caused by my judgment that what is happening is bad, negative, wrong & detrimental for me.

I am displeased by what ever I see as a problem.

Sadness is the chaos caused by a problem that I believe cannot be solved.

It is the effect of having too many problems to solve.

It is my intense displeasure at having no apparent solution.

Desolation is the intense sadness of realising that there is no apparent solution for my sadness.

Desolation is caused by the occurrence of an apparent disaster that is isolating me from my own happiness.

It is my apparent inability to resolve the cause of my sadness and my intense displeasure.

I Dislike that which is unlike my Self.

I am comfortable with what I like and uncomfortable with what I dislike.

I dislike vibrations of energy that oppose the ones that I like.

What I like & dislike is relative to its energetic polarity.

I Hate that which I believe is detrimental to my Self.

Hate is intense dislike.

I love that which has value for me.

What I love, I see as positive and what I hate, I see as negative.

Love & hate is relative to energetic gender.

I Loathe that which I find repulsive.

I loathe what has no magnetic attraction for me.

I find repulsive that which is unattractive because of its opposing gender & negative polarity.

When I dislike something because of its low emotional power and I hate any choice that has a lack of mental authority, I loathe its unattractively poor suitability.

Loathing is an intense hatred of what I dislike and I find most unattractive for my Self.