

Three Negative Reactions

Without the ability to respond with power & authority, I will react with frustration, intolerance or anger. They are negative reactions because I do not consciously choose them in my life.

Frustration is my inability to do what I want to do.

It is my inability to act to my desired standard.

It is the experience of resistance to whatever I am unable to do.

My physical ability is determined by my emotional power and my mental authority.

My lack of mental authority will disempower me emotionally.

My need for emotional power will incapacitate me mentally.

My need for power & authority is the cause of my frustration.

When I am emotionally empowered and mentally inspired, I am physically enabled and never frustrated.

I overcome my frustration with my exclusive connection to my authorised power.

My need for emotional power will make me angry.

My limited mental authority will become intolerable.

Intolerance is my inability to have what I want to have occur.

It is my inability to manifest whatever I want or desire in a way that I want or desire it to happen.

It is my inability to tolerate and endure what I believe that I have not chosen.

My own choice is never intolerable.

It is the absence of what I choose that is intolerable.

It is my lack of authority that I cannot tolerate.

Someone else's choice is only intolerable when it is conflict with my own.

I will tolerate another's choice until it becomes intolerable.

Something becomes intolerable when I lose the ability to continue tolerating it.

Tolerating is my ability to put up with and endure whatever I do not accept graciously or willingly.

The belief that I am unable to either tolerate or accept something is the source of my intolerance.

Anger is my inability to be who I choose to be.

Being who I choose to be requires emotional intelligence.

Emotional intelligence allows me the power to consciously choose my emotional state of being.

I never consciously choose to be angry.

Anger is my sub-conscious reaction to whatever is depleting my emotional energy.

I am actually being angry with myself for my inability to consciously control my emotional state of being.

Controlling my emotional state of being requires emotional energy, which, when I am angry, I do not have.

Anger is my extreme state of impatience.

Patience is my ability to drain emotional energy to a situation without becoming angry.

When I run out of emotional energy, I run out of patience and react with my impatient anger.

The level of frustration at my intolerable anger is a measure of my disconnection from the essence and the nature of my true state of Beingness on a path that is aligned with my destiny.

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