Identifying the Resisted Emotions Behind Negative Life Patterns
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Here is a list of the **most commonly resisted emotions**. Use it as a reference when filling out the relevant blanks below.

<table>
<thead>
<tr>
<th>anger</th>
<th>sadness</th>
<th>despair</th>
</tr>
</thead>
<tbody>
<tr>
<td>disappointment</td>
<td>loneliness</td>
<td>boredom</td>
</tr>
<tr>
<td>hurt</td>
<td>distrust</td>
<td>insecurity</td>
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<tr>
<td>rejection</td>
<td>distrust</td>
<td>hopelessness</td>
</tr>
<tr>
<td>resentment</td>
<td>jealousy</td>
<td>disgust</td>
</tr>
<tr>
<td>hatred</td>
<td>longing</td>
<td>unworthiness</td>
</tr>
<tr>
<td>confusion</td>
<td>shyness</td>
<td>abandonment</td>
</tr>
<tr>
<td>shame</td>
<td>self-consciousness</td>
<td>love</td>
</tr>
<tr>
<td>humiliation</td>
<td>overwhelm</td>
<td>happiness</td>
</tr>
<tr>
<td>fear</td>
<td>grief</td>
<td></td>
</tr>
<tr>
<td>vulnerability</td>
<td>guilt</td>
<td></td>
</tr>
</tbody>
</table>

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My goal in the realm of work is to achieve:

_______________________

_______________________

When I am able to achieve this I will feel:

_______________________

_______________________

Instead I keep ending up in this scenario:

_______________________

_______________________

Where I end up makes me feel:

_______________________

_______________________
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Relationship

My goal in the realm of relationship is to achieve:

_________________________

_________________________

_________________________

When I am able to achieve this I will feel:

_________________________

_________________________

_________________________

Instead I keep ending up in this scenario:

_________________________

_________________________

_________________________

Where I end up makes me feel:

_________________________

_________________________

_________________________
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Health

My goal in the realm of health is to achieve:

_______________________

_______________________

When I am able to achieve this I will feel:

___________________________________________________

___________________________________________________

Instead I keep ending up in this scenario:

___________________________________________________

___________________________________________________

Where I end up makes me feel:

___________________________________________________

___________________________________________________
Identifying the Resisted Emotions Behind Negative Life Patterns

By filling in the blanks below, you are able to begin zeroing in on the key resisted emotions behind your negative patterns.

For each pattern there may be just one emotion, or two or three.

Usually there aren't more than that.

Once you begin the practice of welcoming and "surfing" these emotions, the engine behind the pattern loses steam, and the pattern itself becomes less automatic and intense.

Awareness of the pattern increases, right in the midst of it, allowing you a new sense of choice and possibility.

This, in turn, allows you to make decisions while in emotional connection, rather than emotional resistance, which is what changes your "magnet" from attracting the "same-old", to drawing in more of what you want.

It's simple, but definitely not easy. Most people, however, find that the results are more than worth it. Plus, feeling is healing, meaning that the more you connect to these long-resisted emotions, the more whole you become.

That, in itself, is a precious gift.
One final note:

The last two emotions on the above list are love and happiness.

That may seem odd.

Why would anyone resist emotions that feel so good?

The answer is that those emotions, in some people's lives, end up tied to other emotions that are dangerous or hurtful.

So take a look back at what you wrote in the blanks regarding how you will feel if you actually do achieve what you desire.

Do you sense possible resistance to those feelings, too?

If so, you may need to add them to your surfing list, in order for the pattern to weaken.

Otherwise, you're at risk sabotaging the results that you are able to achieve.
To learn more, keep watching the Hidden Power of Emotions video series,


Feel free, as well, to email with questions: rc@cushnir.com.

Thank you!

Raphael

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