



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.

anger	sadness	despair
disappointment	loneliness	boredom
hurt	distrust	insecurity
rejection	distrust	hopelessness
resentment	jealousy	disgust
hatred	longing	unworthiness
confusion	shyness	abandonment
shame	self-consciousness	love
humiliation	overwhelm	happiness
fear	grief	
vulnerability	guilt	
	weakness	

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Work

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:

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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.

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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.

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To learn more, keep watching the
Hidden Power of Emotions video
series,

and visit
<http://cushnir.com>.

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



Thank you!

Raphael

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