

November



NOVEMBER MASTERING EMOTIONAL BALANCE & EMOTIONAL OWNERSHIP

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RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH

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Major Lessons We Will Read, Learn, and Discuss This Month

1. An Overview on Feelings
2. Negative and Positive
3. Evolved Language Has Increased Our Need for Emotional Awareness
4. The Example of Abuse
5. Discomfort Is the Price of Growth
6. What Are the Feelings You Choose?
7. Unwanted Emotions You Choose to Experience
8. Indulgent Emotions

An Overview on Feelings

Feelings are part of the human experience. We have a contrast of positive and negative feelings that makes all feeling even possible.

It is the contrast of positive and negative feelings that makes all feeling even possible.

If we only experienced positive emotion all the time, we wouldn't even know it was positive. We wouldn't be able to distinguish happiness without knowing what sadness is.

In spite of this, most of us are under the assumption that life should be better than it is. We desperately want there to be more good in the world than bad. Many of us feel our true purpose in life is to conquer all the bad things so we can live in a paradise of good without any evil.

We don't realize that this one belief has caused more pain and violence than has ever been necessary. It has also proven to be impossible. As we use violence, hate, and judgment to reduce violence, hate, and judgment, we inadvertently do the exact opposite.

I hear my students talk about standing up for themselves and fighting for what they believe in. Most often what they believe in is kindness and peace. They miss the fact that fighting is actually the opposite of that.

It is my hope to introduce you to a new way of looking at the world, which will therefore change the way you think and ultimately feel.

Negative and Positive

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If you understand
the balance of
emotion, your
power in the world
and your ability to
change it
increases tenfold.

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Consider that maybe our human experience is SUPPOSED to be a balance of the positive and the negative.

As you try this concept on, you will be thrust into a world with much less negative about the negative. Think about it—if we could stop hating the hate, there would be less hate.

So how do we overcome injustice if we don't get mad and fight justice?

This is a great question. Your mind might want to go to all the examples where fighting an injustice brought a win, but what I challenge you to see is that the win was the balance to the fight.

This can apply to the big social issues and the smaller daily issues. If you understand the balance of emotion, your power in the world and your ability to change it increases tenfold.

So this month, we are going to work on creating that balance on purpose.

We have to wrap our minds around the following concepts and see how they all work together:

- We create our thoughts, which create our feelings.
- The human experience is a balance of positive and negative emotions.
- We have the ability to create, allow, and resist emotion.

Evolved Language Has Increased Our Need for Emotional Awareness

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Buffering comes from our need to experience more pleasure than pain.

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Think about this for a moment. Our emotions have evolved as our brains have evolved. Our thinking causes our emotions, and so as our thinking has become more sophisticated with the expansion of language, so have our emotions.

This will be something that we continue to do: as our brains move into new territories of thought, we will move into new territories of emotion. This is exciting, but only if we couple it with the understanding of balance.

If our language and thought patterns convince us that we should be happy all the time and that negative balance is something to try to eradicate, we will get lost in thought loops and buffering.

Buffering comes from our need to experience more pleasure than pain. When we accept that pain and discomfort are actually a healthy part of the human experience, we can release the need for false pleasure.

If our thoughts cause our feelings, I want you to think about how much pain these seemingly positive thoughts have brought into the world.

Parents should be kind.

Parents should provide a lovely upbringing for their children.

People should live to old age.

There shouldn't be hate.

People shouldn't hurt each other.

Weather events shouldn't damage lives.

There should be no mental illness.

Husbands and wives should always be faithful.

There should be no abuse.

These are just a sampling of thoughts that cause so much unnecessary and useless suffering.

The Example of Abuse

Accepting
negative
experience and
emotion is
nowhere near
the same as
condoning it.

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Let's take the last one: There should be no abuse.

There is abuse.

There has always been abuse in the human experience.

Most of us have committed some type of abuse in our lives.

There will always be abuse as long as there are humans.

This does not put us in a victim mentality. In fact, it does just the opposite. It gives it a voice and a conversation that makes sense. Instead of it being a horrifying evil that results in shame and hiding, it becomes something that is more easily discussed and understood.

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We are under the false impression that resisting abuse and attempting to eliminate it is somehow working to remove it from the human experience altogether. But that has not worked and will never work. Human abuse will always exist. So, now what?

I have talked to literally hundreds of people who have experienced horrific abuse. Emotional abuse, physical abuse, and sexual abuse are actually more the norm than you would imagine. It's even been a part of MY LIFE!

So many of my students make this abuse mean something so terrible they are unable to move forward. They are filled with hate toward their abusers and shame toward themselves. It is the ultimate resistance to negative experience and emotion that perpetuates the negative instead of allowing for acceptance and balance.

Accepting negative experience and emotion is nowhere near the same as condoning it. In fact, it brings it out in to the light of day. So many of my students have never spoken of it because it isn't supposed to be happening.

But it is happening in so many families all over the world. What if we talked about it more openly? We would understand it more. The hate and shame that are added on to the negative shameful act would not compound the suffering.

This applies to all things negative and all things human. Humans are a terrible mess half the time. Most of us know this is true in our own lives, but we spend a lot of time pretending it isn't. We hide and resist that part of us that is dark and not light. This pulls us away from consciousness.

Discomfort Is the Price of Growth

The other tragedy is that, in our effort to be happy all the time, we stay away from discomfort that could help us evolve and inspire us to make our dreams come true.

We would be willing to fail epically and try courageously, with the knowing and understanding that emotional balance means that 50% of the time, we will be on the other side of happy. That is the normal human experience.

So, how do we reconcile living a life where we are responsible for what we think and feel while also embracing that half of our life will be hard and painful?

Consciously and deliberately.

The truth is, we get to select our emotions on purpose by what we think. This does not mean we should always be selecting emotions that are happy and positive.

Of all the misunderstandings of what I teach, this is the biggest one. When my students see that they create their thoughts and emotions, they start feeling guilty for not being happier. Again, they believe that happiness and positivity 100% of the time is the goal.

It is not the goal.

The goal is humanness—to live the human experience as well as we can, knowing that it includes a lot of contrast. ON PURPOSE.

Choose humanness over happiness to have more peace.

When someone dies, and they will, we want to feel grief, even though we know death is part of the human experience.

Choose
humanness over
happiness to have
more peace.

.....

When someone abuses us, we want to feel angry, even though we know abuse is part of the human experience.

When we lose, we want to feel disappointed, even though we know it's optional.

We want to feel horrified when the negative happens, not because it shouldn't be part of our experience, but because it is.

We are "given" (for lack of a better word) emotions to feel and experience as we journey on this planet.

We want and need the negative ones. We don't want to feel joy all the time—we want to feel the range based on what's happening in the world and how we are thinking about it.

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Once you accept this, you can live a more conscious life.

What Are the Feelings You Choose?

You can decide
what emotions
most serve you
in this balance
between
positivity and
negativity.

You can't choose to feel happy all the time, and I truly hope I've convinced you that you don't want to. But you can decide what emotions most serve you in this balance between positivity and negativity.

I love the imagery of a row of taps, like in a bar, of emotions to select from. What are the ones you need and the ones you want to feel on purpose?

Let's brainstorm just five to start.

Write your own before you turn the page to see my personal brainstorm.

Positive

Negative

Here are the ones I came up with:

Positive

Love

Abundance

Motivated

Focused

Confidence

Negative

Sadness

Pain

Loss

Disappointment

Fear

Interesting, right? What are some of your insights after looking at your list?

For me, fear was the most interesting. I don't often think about wanting to have fear as an emotion. But when I think it through, it's a very necessary, preventative, and useful emotion for me to have as a human.

We aren't done yet. As we go through this month, we will explore more emotions and choose more emotions that we want to include on both sides of the line.

The side with positive amazingness—and the side with heartache and bumminess.

We need to talk about those feelings that we don't seem to choose, the ones that come upon us without our permission.

As you go through this process of accepting the balance of emotion, you will feel less accosted by your unwanted emotions.

But still...

You will experience unwanted emotion. The thought errors will repeat on you. Again, this is another human normality.

Unwanted Emotions You Choose to Experience

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The emotions that we tend to avoid are the same emotions we need to work through and allow to get the results we want.

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In the first exercise, I had you start by brainstorming ten emotions you choose to experience.

In this exercise, I want you to consider the unwanted emotions that you are willing to experience as part of being a human.

But before you do, I want to mention the concept of indulgent emotions. These are the emotions that you will be willing to experience but also might have a tendency to indulge in without realizing.

There is an important distinction between allowing an emotion and indulging in an emotion.

Let me explain:

We often need to allow emotions that we would normally resist or avoid. This is incredibly important because the negative effect of avoiding and resisting emotion is unnecessary.

The emotions we tend to avoid are the same emotions we need to work through and allow to get the results we want.

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Discomfort of all
kinds is the
currency to your
dreams.

These are the most common:

Discomfort
Deprivation
Urges
Overdesire
Boredom
Dissatisfaction
Failure
Insecurity
Rage
.....
Anxiety

This is not a complete list, but you get the idea.

This is not a fun list, but if you're willing to feel these unwanted emotions instead of avoiding or resisting them, you will spare yourself so much suffering.

The unwillingness to stay conscious when these emotions appear is the cause of suffering, addiction, overeating, overdrinking, pornography, and behavior disorders.

The skill of allowing emotion is something I am passionate about teaching each of my students.

Discomfort of all kinds is the currency of your dreams.

Indulgent Emotions

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The way to stop indulging is to simply go on a diet from the thoughts and the feelings.

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Allowing emotions is different from indulging in emotions.

Sometimes we indulge in emotions as a way of staying stuck.

The most common indulgences I see are these:

- Confusion
- Doubt
- Worry
- Overwhelm
- Victimization

These feelings seem to be important, and we seem so justified in feeling them on purpose. But these feelings are the ones that keep us from taking the action we most want to take.

These emotions and the thoughts that cause them are the dream stealing excuses that curtail our ability to amaze ourselves with the lives we could lead.

The way to stop indulging is simply to go on a diet from the thoughts and the feelings. You don't want to allow these emotions to pretend to be necessary in your life.

The Plan This Month

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A thought
download is
simply emptying
your mind onto
paper

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Here is the plan for this month so you can internalize this concept and try it for yourself. At the beginning of each week, you will add to your list on each side of the line. You currently have five on each side. You will rewrite them on week #1 and then add five more. You will repeat this exercise at the beginning of each week.

Then each day, you will do a thought download and two models. From each model, you will pull out the F line, which will be your feeling, and you will categorize it as 1, 2, or 3:

1. You want to feel.
2. Unwanted, but need to allow.
3. Indulgent.

I have given you some space to make the notes and include some thoughts about each one.

This exercise is extremely powerful done just once, and if you do it for 30 days straight, you will be much more conscious, powerful, and deliberate as a human. And yes, that is a promise.

Thought download: Remember, a thought download is simply emptying your mind onto paper. Keep writing everything that is in your mind continuously.

Model: Pull just one of the thoughts from your mind and do a model on it. If you're unsure how to do a model, make sure you watch the video where I go through how to fill in each of the lines. It is in the Video Library page of the website.

Model: Once you have completed your first model based on a thought you maybe weren't aware of, you are going to create a deliberate model of what you want to think and feel instead. Again, check the model video if you need help with this.

Then, for each model, pull the feeling out, categorize it, and write a bit about the thought causing it and how you want to continue or discontinue this in the future.

WEEK 1

In the space below, add five more feelings to the negative and positive sides of the line. These are the human feelings you are choosing to feel on purpose, with the understanding that both are necessary for the full human experience.

Positive

Negative

This image shows a blank sheet of white paper designed for handwriting practice. It features two vertical columns of horizontal dashed lines. Each column contains ten rows of lines, providing a guide for letter height and placement. The lines are evenly spaced and extend across the width of each respective column.

This image shows a blank sheet of white paper designed for handwriting practice. It features two vertical columns of horizontal dashed lines. Each column contains 18 lines, providing a total of 36 rows for writing. The lines are evenly spaced and extend across the width of each column, leaving a small margin between them. There are no other markings, text, or illustrations on the page.

Thought Download Day 1

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Model on **Unintentional** thought:

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Model on **Intentional** thought:

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 2

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Write the feeling here from each model:

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Thought Download Day 3

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Thought Download Day 4

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Model on **Intentional** thought:

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 5

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 6

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 7

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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WEEK 2

In the space below, write the indulgent emotions you experience that keep you stuck. These are the emotions you want to be very careful not to indulge in because they will prevent you from taking action toward the life you want.

Examples include:

- Confusion
- Doubt
- Worry
- Overwhelm
- Victimization

Indulgent feeling:

Thoughts that cause this feeling:

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My plan to NOT indulge in this emotion:

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Indulgent feeling:

Thoughts that cause this feeling:

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My plan to NOT indulge in this emotion:

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Indulgent feeling:

Thoughts that cause this feeling:

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My plan to NOT indulge in this emotion:

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Thought Download Day 8

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 9

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Write the feeling here from each model:

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 10

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Write the feeling here from each model:

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 11

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Write the feeling here from each model:

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Thought Download Day 12

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 13

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Write the feeling here from each model:

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1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 14

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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WEEK 3

This week, you want to look at the feelings you don't want to feel and tend to avoid or resist. These are the feelings that you avoid at the cost of your consciousness. You overeat, overdrink, give into other urges, or simply react instead of feeling.

Examples include:

Discomfort	Dissatisfaction
Deprivation	Failure
Urges	Insecurity
Overdesire	Rage
Boredom	Anxiety

Make a list of the three most common feelings you avoid or resist below.

Feeling I resist:

Thoughts that cause this feeling:

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Plan to allow this feeling on purpose:

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Feeling I resist:

Thoughts that cause this feeling:

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Plan to allow this feeling on purpose:

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Feeling I resist:

Thoughts that cause this feeling:

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Plan to allow this feeling on purpose:

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Thought Download Day 15

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 16

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Model on **Unintentional** thought:

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Model on **Intentional** thought:

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 17

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Write the feeling here from each model:

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1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 18

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 19

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 20

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 21

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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WEEK 4

I have created two columns here for you to explore all the feelings you want and need to have to further your consciousness and your purpose as a human.

Write down the ten feelings in each column from Week #1, add the allowed feelings from Week #3, and then add any more you think you have missed. Please reference the list of feelings to see any additional feelings.

Positive

Negative

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Feelings

Able	Dismayed	Heartbroken	Persuasive	Terrified
Adequate	Disorganized	Helpless	Perturbed	Threatened
Aggravated	Disoriented	Hopeless	Petrified	Thrilled
Aggressive	Dissatisfied	Horried	Pleasant	Timid
Agitated	Distressed	Hot	Pleased	Tired
Alone	Down	Hurt	Potent	Touchy
Annoyed	Drained	Impotent	Powerful	Trapped
Anxious	Durable	Inadequate	Proud	Troubled
Apprehensive	Ecstatic	Incapable	Put Out	Uncomfortable
Ashamed	Elated	Insecure	Puzzled	Undecided
Bad	Embarrassed	Irate	Regretful	Under Par
Baffled	Energetic	Irritated	Relieved	Uneasy
Beat	Enraged	Lazy	Remorseful	Unhappy
Bewildered	Excited	Left Out	Run Down	Unsatisfied
Blue	Exhausted	Lethargic	Satisfied	Unsure
Bothered	Exuberant	Lifeless	Scared	Unworthy
Capable	Fearful	Lost	Scared Stiff	Up
Cheerful	Fine	Lowdown	Secure	Upset
Confident	Fired Up	Mad	Seething	Uptight
Content	Foggy	Mellow	Shaky	Worried
Crushed	Forceful	Misplaced	Shocked	Worthless
Dejected	Frightened	Mixed Up	Shy	
Delighted	Frustrated	Moody	Small	
Dependent	Furious	Nervous	Sneaky	
Depressed	Frightened	Outraged	Soft	
Desperate	Furious	Overjoyed	Sorrowful	
Determined	Glad	Overwhelmed	Sorry	
Disappointed	Good	Panicky	Super	
Disgusted	Gung Ho	Perplexed	Sure	

Thought Download Day 22

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Write the feeling here from each model:

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Categorize the feeling as 1, 2, or 3:

1. You want to feel, **2.** Unwanted but need to allow, **3.** Indulgent.

Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 23

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Thought Download Day 24

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Thought Download Day 25

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Thought Download Day 26

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Thought Download Day 27

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Thought Download Day 28

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Thought Download Day 29

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Thought Download Day 30

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Then write a few sentences about each feeling to increase conscious awareness. (Do not skip!)

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Handwriting practice lines consisting of 20 horizontal dotted lines.



KEVIN AILLAUD

LIFE COACH & CONSULTANT

RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH