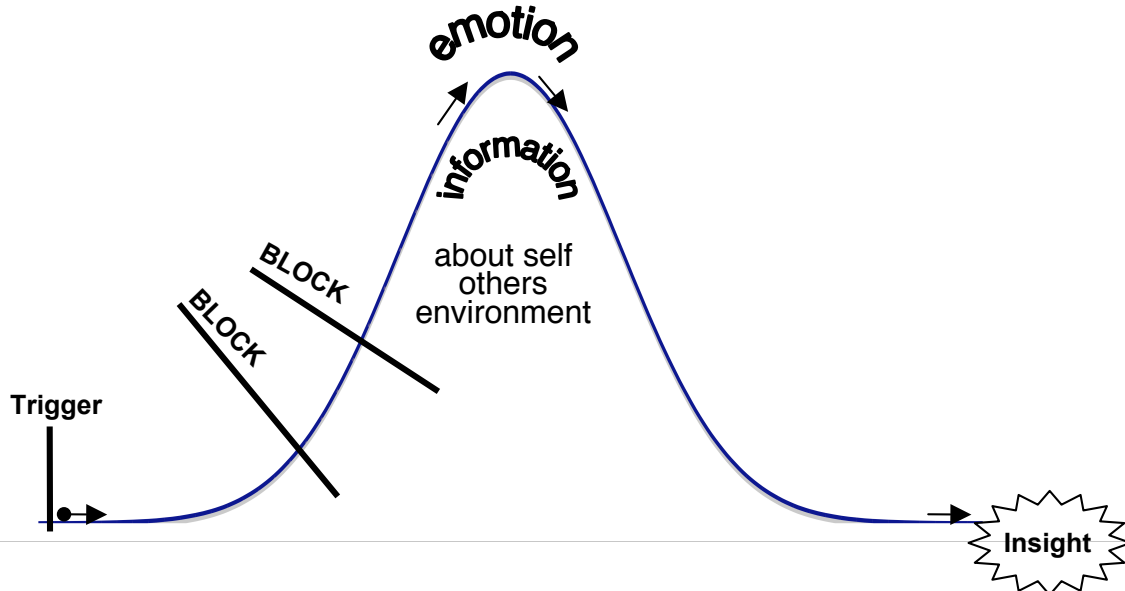


## The Dynamics of Emotions



### Examples of (internal and external) blocks to a healthy emotional flow:

- WHY do you / I feel like this?
- I don't have time for this. I have things to do.
- What's the point of feeling this?
- Boys don't cry!
- It's not nice for girls to be angry.
- I hate feeling angry / sad / hurt / disappointed
- You're upsetting your mother / father.
- I / you SHOULD be over this by now.
- I don't want to be seen as weak.
- What will people think of me?
- I SHOULD be happy.
- Others have bigger problems. I don't have a right to feel this.
- I'm scared that if I start crying I'll never stop.
- I MUST do / eat something to cheer myself up.
- I'm scared to feel like this.
- Feeling anything other than happy is wrong / sick, etc....

### Assumption:

Emotional, behavioural or physical problems are symptoms of a lifetime of blocked emotional cycles.

**Note:** If the normal emotional cycle is not allowed to be completed, it will try to complete itself somehow!

