

WORKING WITH EMOTIONAL REACTIONS

STEP 1:
Awareness of ER
Appropriate Expression

EMOTIONAL REACTION

Judgment
Defensive Behavior

STEP 2:
Explore and
understand
what is under
the reaction.

DEMAND

FEAR

DUALISTIC THINKING/MISCONCEPTIONS

100%/100%
Either /Or
Good/Bad
Right/Wrong
Life/"Death"

Hard pain of the Child:
"This pain is all there is and it will never end."
This pain proves that I am bad."

STEP 3:
Re-education-
Reflection

RE-EDUCATION PROCESS

The 50%-50%

REAL FEELINGS

Arise organically from the acceptance of the 50%-50%
nature of our dualistic world- the earth plane.
(Inconvenient, unpleasant vs. devastating feelings accepted)

gateway

Real Self

"Your full commitment to everything you can possibly feel; your observation of feelings you fear and the events that bring forth those feelings; and your commitment at last to try to face and experience them constitute the healing process that will unify your entire being."

PGL #191