



EMOTIONAL ENERGY PATTERNS – SABOTAGE OR GREATNESS

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Sabotage = Excuses and Problems	What this Looks Like	Example	Greatness = Freedom and Evolution
Resisting Feeling Things Fully	This dynamic is based on experiences of being overwhelmed by intense feelings. To avoid the experience of overwhelm, we made the inner decision to resist feeling things fully. This dynamic is based on the illusion that if you feel fully, you will not be able to handle it.	<i>"You cannot handle the truth."</i>	<i>"I feel anything and everything without the fear of being overwhelmed."</i>
Ignoring Your Intuition	This dynamic comes from being ignored or punished as a child for acting on your inner knowing or intuition. It is based on the illusion that if you act on your intuition, you will be overwhelmed by the consequences.	<i>"I could have had a V-8."</i>	<i>"I completely trust my intuition and I always act on it."</i>
Being Judgmental	When we judge something (or someone) it is to tap the emotion of separateness: <i>"I am not like that!"</i> In reality, the things we judge reflect a part of ourselves that we do not want to acknowledge. When there is no emotional charge, we feel neutral about it. We avoid issues that we really need to address and resolve within ourselves to move on. Put down the magnifying glass and pick up the mirror!	<i>"What a jerk."</i>	<i>"Everything I experience is a part of me. I acknowledge it, embrace it and value it."</i>
Avoiding the Present	When this dynamic is operating, we get absorbed in the stories we have invented about past events, or we start anticipating possible negative outcomes in the future. This dynamic is based on the habit of avoiding being present and the fear that being present will evoke emotions. Addictions often are the result of unresolved emotions about the past that feel too intense to deal with in the present.	<i>"There is always tomorrow."</i>	<i>"I live completely in the present moment."</i>



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Looking for Yourself Where You Are Not	When this dynamic is operating, we try to get a sense of ourselves from situations outside of ourselves. We define ourselves by our actions, accomplishments or possessions. This dynamic is based on the illusion that we are incomplete and need something from outside ourselves to be whole.	<i>Example of common expression: Keeping up with the Joneses.</i>	<i>"I am whole and complete."</i>
Mistaking Need for Love	When this dynamic is operating, we confuse love—which is unconditional—with the need to receive something from someone else. (Love lets go. Need holds on.) This dynamic is based on the illusion that love is something that you get from outside yourself.	<i>"You complete me." Or "This is my better half."</i>	<i>"I love without needing anything in return and I participate in relationships of mutual giving."</i>
Resisting Change	When this dynamic is present, we find ourselves looking for events around us to stay the same so we can feel secure. It is based on the illusion that stability and security can only be found in the changing world around us, rather than within us.	<i>"It is not going to be different."</i>	<i>"I live in the delight and wonder of uncertainty."</i>
Limiting Self-Expression	We hold ourselves back out of the fear of losing the approval of others. When we really express ourselves, some people may not like it because it makes them feel uncomfortable or not in control. This dynamic is based on the illusion that if we powerfully express ourselves, we will be alone.	<i>"It is lonely at the top."</i>	<i>"I can be fully self-expressed without fearing loss of love from others."</i>



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Trying To Force An Outcome	When this dynamic is operating in us, we feel compelled to make things happen in a particular way and in a particular time frame. This dynamic is based on the illusion that we alone are responsible for what occurs in our lives, rather than a connected part of all of life.	<i>"It is my way or the highway."</i>	<i>"I get a sense of myself from the essential nature of who I truly am rather than from my actions or accomplishments."</i>
Excluding Other Perspectives	When this dynamic is present, we over-identify our brilliance and think we need to have all the answers. This dynamic comes from not recognizing the difference between "thinking" with our mind and "knowing" from our mind and heart.	<i>"You have got to be kidding. They have no idea."</i>	<i>"I know things from deep within myself, and I know the difference between thinking and knowing."</i>
Manufacturing Interpretations	When this dynamic is operating, we get overly absorbed in trying to explain or interpret events. It is based on the illusion that everything is not perfect as it is.	<i>"It takes money to make money."</i>	<i>"I sense the perfection in everything."</i>
Overreacting to Circumstances	When this dynamic is present, we become emotionally hijacked by what happens to ourselves or others. This dynamic interferes with our ability to maintain a strong sense of who we are under extreme circumstances.	<i>"I could just get rid of them."</i>	<i>"I experience equanimity (balance, calm) during events of pleasure or pain."</i>