

THE FEELINGS PROCESS

Feelings experienced over and over again make us feel vulnerable, over-emotional. To protect our self-image, we wear a protective mask or create a defensive role/image. Eventually the mask seems to be the only way we can be and the feelings are blocked out, denied, suppressed from our conscious mind and eventually become repressed into our unconscious.

There are many reasons we wear a mask to hide our real feelings. We want to be liked (people-pleaser), we want to be accepted (Yes-person), we want to be right (Perfectionist), we want to be sane, logical (Eternal Scholar), we want to be "male (Macho).. "perfect lady" (Sweet Sally)..... In the process, in denying our true feelings, we lose touch with what we really feel and re-act with the surface emotion.... anger. The deeper feelings remain unknown because of the need to keep the mask.

The downward spiral of feelings unnamed, unknown:

Anxiety fear of deprivation, loss, hurt

Anger created by deprivation, loss, hurt

Resentment anger unexpressed turned inward

Resentment stuffed, held inside leads to unexpressed guilt

Guilt denied, unnamed, unrelieved leads to depression

Depression sustained leads to displacement onto others (blame, sarcasm, name-calling, belittlement, judgements), self-induced punishment, suicide.

The upward climb to choose power over your feelings:

In depression..... use your thinking powers to reason through your helplessness; victimization state.

1. We feel depressed when we feel guilty for being depressed, down.
2. We are always depressed when we are in a state of self-pity.

In guilt.... think of the anger toward others when you see and watch them behave as helpless victims. They are given advice, suggestions, support their answer is, "I can't."

Eventually, those around the helpless victim feel frustrated doing for them, trying to initiate them to do.

Those feelings of frustration is anger. Anger unexpressed and held in becomes

Resentment..... you are really angry at yourself.

Think about this anger at yourself. In your diary or journal, write down all the reasons you should be angry at yourself.

This anger, turned inward can now be expressed, write it down. Use your mental powers, keep writing and the feelings will come up.