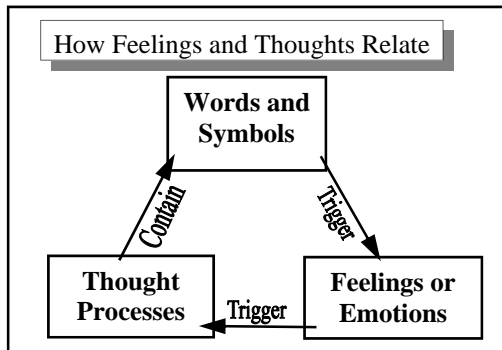


# FEELINGS, EMOTIONS, AFFECT



Input from Outside

5 Units

500 Units

Choice Point

Depression

OK Numbing to Self-held Toxic Energy

Numbing Out

OK Any Addictive Behavior or Process:  
Alcohol, Drugs, Sex, TV, Internet,  
Food, Work (men) , Children (women),  
Rushing.

FEAR

OK Adrenaline, 20 Min. Mimimum, Very Toxic, Ugh,  
Accumulative, Old Brain, Can be Produced Forever,  
Control Emotion, Withdraw

ANGER

NOK Push Thru Blockages  
Nor-Epinephrine, 15 Min. Maximum  
Recovery time, Feels Great!,  
Old Brain, Keep Control, Contain

SADNESS

NOK Adjust to Loss  
Prolactin, Mid-Brain,  
Loose Control, Holding

JOY

NOK Pleasure, Reward, Relax  
Endorphons, Mid-Brain,  
Loose Control, Embrace

Move

Physical Exercise or  
Physical move away.  
"Move your Energy"

Express

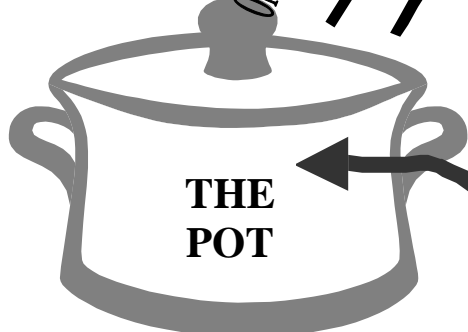
Recognize  
ReExperience  
Release  
Recover

RELIEF

Provoke Someone

.05 Units

Always Unconscious  
Often Passive Behavior



**Definition:**

- 1 An Event in your body - Facticity.
- 2 Chemical in Nature - Intensity
- 3 Mediated by Awareness - Liminal
- 4 Reported on - Languaged.
- 5 Social Value - Good/Bad - Inappropriate

20% -80% of your daily energy is consumed in this chronic muscular rigidity.

