POSITIVE FLOW WEEK

1. Write 15 traits you like about yourself – review daily
2. Write 15 traits you like about a person close to you
3. Write a “positive only” letter to that person
4. Write one positive paragraph or sentence daily
5. Do something fun from your past
6. Review a positive, significant quote or the like; ponder it
7. No “issue” problem solving during this week
8. Practice daily meditation/prayer; one “gratitude only” prayer
9. Perform daily positive reading/scripture study

The Enabled and Disabled Will

Uncontaminated Process & Intelligence:

Higher & Clearer Consciousness
True Self; the Authentic and Real - Reality
Intuitive Faculty; Innate Awareness & Understanding

External Senses

Ego
Reason & Self Control
Conscious Mind

Memory – Subconscious

Managing emotions and self in this state is difficult. Emotional reaction becomes unpredictable and costly. Emotions may be “stuffed” or held in. Frozen emotions may leave behind the feelings that accompanied them. These feelings can persist in the back of our minds. Patterns develop in the brain. “Reality” is more perception than truth and fact.

Chronic Frozen Emotions
Intelligence is inhibited 90% due to chronic frozen emotions. We repeat and, or reenact past stresses compulsively when re-stimulated. The stored emotion plays like a skipping record disc.

Will & Choice
How to Act is Disabled: