

I trust my feelings

I'm able to access, label, experience & move on from a full range of emotions, including sadness, grief, anger, frustration, happiness, pride, warmth, love, joy, playfulness, without self-consciousness or feelings of shame.

I DON'T INDULGE THE EMOTION FOR ATTENTION

I DON'T WALLOW IN THE DARKER EMOTIONS, BECAUSE I KNOW THIS IS THE PATH TO INERTIA.

I DON'T DENY THE EMOTION TO SHOW I'M IN CONTROL.

OTHERS ARE FREE TO EXPERIENCE THEIR EMOTIONS FREELY WITH ME WITHOUT JUDGEMENT.

***I'm Happy & Fulfilled
And Have A Mission Beyond
Saving Myself From Hurt.***

***I've A Mission Beyond
Protection From Pain.***

