

CHART

NEGATIVE ENERGIES

	COLUMN 1	COLUMN 2	COLUMN 3
Row 1	Abandonment Abstinence Aggression Anger Anxiety	Avoidance Betrayal Blame Conditionality Craving	Criticism Cruelty Cynicism Depression Disassociation
Row 2	Disdain Disempowerment Disgust Doubt Disappointment	Disillusionment Drama Escapism Failure Fear	Frustration Grief Guilt Helplessness Hysteria Ignorance
Row 3	Impatience Inhibition Insecurity Intimidation Intolerance	Isolation Jealousy Judgment Lack Lethargy	Limitation Loss Lust Miscommunication Misguidance
Row 4	Misunderstanding Obedience Pain Passiveness Passive aggression Perfectionism	Persecution Rage Restriction Rejection Retention/fear of 'letting go'	Sarcasm Self-criticism Self-denial Self-doubt Self-loathing Shame
Row 5	Squeamishness Stuckness Submission Suffering Timidity	Trauma Unconsciousness Unworthiness Victimisation Violence	Wariness/paranoia Weakness Withdrawal Withholding Other