



FIVE
EMOTIONS
THAT COULD BE
STOPPING YOU FROM
LIVING YOUR DREAM

THE GROWTH PODCAST

Hurtful memories can stifle your development and growth.
How do we break through this insidious mental conditioning?

How do we grow and develop beyond hurtful episodes that
bury themselves in our subconscious and influence our lives?

How do we change and grow so that we can live our dreams?

The first step is to break the hold of these inhibiting
influences from the past.

Recognize them and then either get rid of them or turn them
into a positive force that pushes you ahead rather than holds
you back.

Identify these inhibiting memories in your life so that you
control them rather than allowing them to control you.

Did someone hurt your feelings? Forgive them and forget it.
Move on.

Did someone punish you unfairly? It's over. It's done. Go on.

Here are a few of the most common emotions that burrow into the subconscious and impede our growth as individuals:

1. Anger:

This is a natural response to a perceived attack or injury. It makes energy flow. But when allowed to simmer, it depletes energy that could be used to improve your life.

If you hold your anger for more than a week, it is only hurting you. Make yourself let go. Envision yourself throwing it out.

Ease your mind. Transform your anger into positive motivation. Don't get mad, get motivated.

2. Revenge:

The first cousin of anger. It also robs you of strength in the long run. The person who has injured you has probably gone on with life; so should you.

Don't let the injury hurt you further by inhibiting your growth. Lose it or use it.

Instead of saying, "I'll get them," say, "I'll show them. I'LL BE SOMEBODY!"

3.Sadness:

This is more crippling than anger because it drains you from the start, sapping your will to go on.

You probably will have to let this drain away slowly at its own pace. Time heals, but if the sadness seems to linger, consciously force it out.

Seek out things that make you laugh and feel positive about life. Realize that feeling sad will not change anything.

Seek peace of mind as your right.

4.Resentment:

Life is not always fair. It is unrealistic to feel any other way, and holding on to resentment is no way to fight back.

Drop it and get back into the battle.

5. Guilt:

Guilt is another emotion that stands between you and your dreams. All of us have done things we feel bad about and regret.

Things we would do differently. Many of us carry that guilt around and it keeps us from moving forward.

Don't let people put you on a guilt trip. Say to yourself when someone is putting you on the defensive, "No matter what you do or say to me, I am still a worthwhile person."

To rid yourself of these past emotions, put them in a perspective that is positive rather than negative and thereby cut off their painful roots in your subconscious.

Reinterpret the past with these methods: Get better, not bitter. Find a quiet, comfortable place. Sit back and

relax. Think about something or someone who caused you pain or disappointment.

Now take a mental step back from that feeling and the situation. Assess it. Did the emotions that resulted make you stronger? Did they give you determination?

Can you use those memories to empower you rather than drain you? Why let them hurt you further?