Be aware of at least ONE unpleasant moment every day. If possible, be aware of the moment while it is occurring. Record your observations below (use the back if needed):

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| --- | --- | --- | --- | --- | --- |
| DATE | What was the unpleasant event / experience? | What emotions did you feel? (Were you aware of them at the time? Y/N) | How did your body feel? | What thoughts went with the experience? | What are your thoughts now, as you write this? |
| Monday March 1 | Finola Dsouza said: *~“I deserve love and help without even needing to ask”~* during our video call session. | Sad (Y) | * Took a deep breath. * Loosening muscles surprise. | * “I compartmentalized my thoughts away the moment she asked me my thoughts” – just the slight context switching of her asking again was enough to disrupt the fragile state of awareness of sadness. | * “I am being **‘clinically distant’ now** where **I feel safest**, where I’m not permitting myself to feel this, or all unpleasant emotions”. * My strong tendency ‘objectivity’ / ‘impartiality’ / ‘patience’ is fueled by ↑ above historic tendency. * I previously called my **‘real childhood role-model’ Jean-Luc Picard** as ‘non-empathetic’ because of his ‘seeming cold distant nature’ until someone pushed back in objection; now I’m spurred to reverify the definition of empathy critically and very carefully. * “I have always habitually ‘retreated’ / ‘escaped’ into ‘analysis’ of ‘small’ details to avoid feeling unpleasant emotions”. * “I’m **desperately starved** to know myself much better, especially in areas of **‘present perceived deficiencies’**, driven by multiple values: self-growth, ‘thriving’, maxing self-actualization. ” * “my attachment to Finola or anybody ‘increasing my understanding’ of my value ‘blockers’ ↑ is very strong, it can lead to ‘emotional outbursts’ at subsequent moments when **‘I’m not actively compartmentalizing in resistance’**. * presently all unpleasant emotions are categorically locked off. I feel nothing. Neutral. Normal.”[[1]](#footnote-1) |

1. Realized I felt nothing: “it (pains?) (upsets?) (frustrates?) me to let go attachment of Finola or anybody ‘increasing my understanding’ of my ↑value ‘blockers’. ” [↑](#footnote-ref-1)