

"There are trapped emotions in Kelly that are blocking her healing."

1. Helplessness

Powerless or being unable to help oneself. Being without the aid or protection of another. A common emotion for those suffering from a "victim mentality." Feeling unable to change one's circumstances or state

2. Unsupported

A lack of support, help or encouragement; not provided for by another; not defended when help is needed; feeling the burden is too heavy to bear alone, etc. One can also feel unsupported by their own body in cases of illness, weakness or lack of emotional or mental strength.

3. Pride

An overly high esteeming of oneself for some real or imagined merit or superiority; vanity or an excessive desire to be noticed, praised, or approved; feeling better than others; haughty; non-teachable; has to be right; expects more credit than earned; or treats others with disdain or contempt. Having a healthy amount of pride (self-respect or self-esteem) is a good thing, and this type of pride usually doesn't show up as a trapped emotion (although it may show up if one's healthy pride is injured)

Inherited from Father, from his Father, from 12 Great-grandfather. Also released for Damon.

4. Fear

A strongly distressing emotion aroused by impending danger, evil or pain; the threat may be real or imagined.

5. Guilt

The feeling of having done wrong or committed an offence. Taking responsibility for the harmful actions of another (e.g., abuse, parents' divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

Inherited from Mother, from her Father, from 8x Great-grandmother. Also released for Damon.

6. Grief

Suffering due to loss of a loved one, death of a dream, disaster, misfortune, etc. A universal reaction to bereavement. Can also arise from unmet expectations.

7. Resentment

A feeling of displeasure or indignation at someone or something regarded as the cause of injury or insult; bitter for having been treated unfairly; unwilling to forgive. Often this emotion comes along with animosity— ill-will that displays itself in action, strong hostility or antagonism.

8. Terror

Intense, sharp, overwhelming fear; extreme fright; alarm.

9. Conflict

External conflict is to fight, to disagree or be disagreeable, to struggle or battle against or to antagonise

Inherited from Father, from his Mother, from 10x Great-grandmother. Also released for Brayden.

10. Effort Unreceived

When one's work, achievement or endeavours are not accepted or recognised. When one's best effort is not considered good enough. A feeling of being unappreciated. Not feeling approved of or validated.