

1. Terror

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

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

2. Betrayal

To feel *betrayed* is to have your trust broken, to be deserted or hurt by a trusted one.

3. Forlorn

Miserable and forsaken. Sad and lonely by reason of abandonment, desolation or emptiness. A lonely sort of hopelessness.

Absorbed from Mother, at age 8. Also released for Damon.

4. Overwhelm

To be overpowered in mind or emotion; extreme stress; feeling overpowered with superior force; feeling excessively burdened.

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

5. Take for Granted

Feels treated with careless indifference; not given thanks or for something accomplished, similar to ignored. Taken advantage of.

Inherited from Mother, from her Father, from 7x Great-grandfather. Also released for Damon.

6. Fear

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

Experienced at age 11.

Complete.

Blocks for Healing

1. *Emotionally lost* refers to a feeling of being unable to see the right decision or direction, being unable to find emotional stability.

2. **Peeved**

Irritated; annoyed; exasperated; irked; aggravated; ticked off.

3. ***Blaming the self*** is finding fault with oneself, which can lead to the creation of emotions of self-abuse, depression.

Absorbed from Mother at age 4. Also released for Brayden.