

"There are trapped emotions in Lisa that are ready to be released."

1. Taken 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 Mother, from 7x Great-grandmother.

2. Lack of Control

Lack of self control is when one lacks restraint over their own behaviour, and may have an awareness of their own destructive tendencies or abilities

Inherited from Mother, from her Mother, from 7x Great-grandmother.

2. Worry

Dwelling on difficulty or troubles; unease or anxiety about a situation or a person; extreme concern over potential problems; concern about a loved one in possible distress.

4. Anxiety

Feeling that something is wrong but not knowing what it is. A generalised uneasiness or foreboding; a fear of the unknown; fear without a subject.

Inherited from Father, from his Father.

5. Depression

A state often caused by “anger turned inward” at the self. Inability to feel joy or excitement. A low energy, negative state caused by ongoing negative feelings.

Experienced at age 21.

6. Forlorn

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

Inherited from Mother, from her Mother, 13x Great-grandmother.

