



EMOTIONAL FORCES



PURSUING EMOTIONAL GROWTH

Fostering credibility	Taking charge of the mind
Applying extra effort	Having honorable intentions
Encouraging learning	Being honest with oneself
Being congenial	Maintaining a healthy diet
Instilling patience	Seeing uneducated opinions
Being mannerly	Measuring value correctly
Ignoring temptations	Having a healthy reign on mind
Being courageous	Promoting healthy ideals
Building energy	Accepting healthy disciplines
Having high ethics	Spending time responsibly
Being rational	Being of service to others
Prioritizing wisely	Working to correct behavior
Being on guard	Applying healthy treatments
Being truthful	Trying to understand the mind
Motivating oneself	Sorting important details
Being respectful	Practicing helpful techniques
Remaining hopeful	Having a "can do" attitude
Being self-aware	Reducing dysfunctions
Being productive	Being cheerful and outgoing
Being realistic	Applying healthy self-talk
Monitoring thoughts	Setting healthy boundaries
Reasoning carefully	Redirecting negative thoughts
Being empathetic	Following good influences
Being generous	Being safety oriented

SABOTAGING EMOTIONAL GROWTH

Wasting energy	Surrendering to bad habits
Over-indulging	Being indifferent to consequences
Pitying oneself	Blaming others inappropriately
Feeding ill-will	Pursuing unhealthy endeavors
Being self-centered	Fooling around dangerously
Accepting ill thoughts	Purposefully doing damage
Complaining too often	Doing what we want that is harmful
Being temperamental	Being sloppy and careless
Being abusive	Sabotaging potential growth
Being complacent	Bringing on unnecessary problems
Being disgruntled	Accepting inappropriate conduct
Following bad influences	Being dishonest with others
Wandering aimlessly	Being dishonest with oneself
Choosing poor judgment	Denying what's important
Spreading rumors	Ignoring annoying priorities
Reasoning too casually	Assuming too quickly or easily
Ignoring problems	Purposefully hurting or using others
Being irrational	Exaggerating information
Losing helpful interest	Succumbing to temptation
Being negligent	Under-valuing healthy choices
Angering abrasively	Having a fixation or fetish
Holding a grudge	Disdaining healthy ideals
Being impatient	Ignoring safety considerations
Being biased	Ignoring health problems