

Mind Traps

Self-righteousness	<u>Need to be right, sacrifice relationship on the altar of being right.</u>
Resentment	<u>Aged anger, holding grudges, living in the past. Victimization.</u>
Regret	<u>All the guilt for not being enough. Refusal to let yourself off the hook.</u>
Resignation	<u>Giving in before ever getting involved - expecting failure.</u>
Confusion	<u>Protection through distraction. Refusal to be clear and take a stand.</u>
Worry/Hope	<u>Make up things that haven't happened and worry about them.</u>
Self-doubt	<u>Refusal to trust oneself.</u>
Explanation	<u>Often tender-hearted people who aren't comfortable with emotions, so over-explain.</u>
Cynicism	<u>Refusal to believe, shows up in idealists who've been disappointed.</u> <u>Battery acid in organizations, often masquerades as wisdom.</u>
Con	<u>Wearing a "mask" so people will like or approve of me.</u>
Placation	<u>Giving myself away. Don't ask for what I want.</u>
Disassociation	<u>Tuning out from my experiences or my emotions - going "comfortably numb."</u>

Wrapping a mind trap:

- Self-righteousness—open-mindedness or humility
- Resentment— forgiveness, letting go
- Regret—self-forgiveness, being in this moment

- Resignation—optimism, willingness
- Confusion—clarity, taking a stand
- Worry/hope—faith, being in the moment
- Self-doubt—self-trust, belief
- Explanation—brevity, experience and communicate emotion
- Cynicism—faith, trust
- Con—self-acceptance, being who I am
- Placation—honesty, asking for what I want
- Disassociation—present, connected