



AWARENESS THAT HEALS
Bringing Heart and Wisdom to Life's Challenges

THE
INTROSPECTIVE
GUIDES

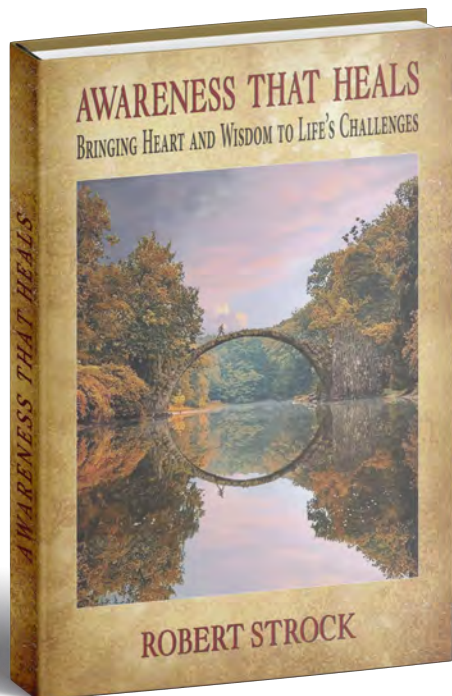
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A Note From Robert



These guides are an invaluable resource for teachers, therapists, clients, and anyone who wants to clearly understand what they feel, and what is needed in order to take better care of themselves and others.

While it sounds obvious, many of us simply don't realize that there is a link between our feelings and our underlying needs that often go unmet. These Guides are designed to help us more accurately understand what we feel and guide us to what it is we're missing. The Underlying Needs/Qualities list can help us discern those underlying needs that correspond to and are connected to the feelings, and by doing so, help us see what to pursue that will be most healing in our lives and to those around us.



The Introspective Guides are a curated version of the same guides that appear in the book *Awareness That Heals*.

If you would like to purchase the printed/laminated version of this Introspective Guides you can do so here:

Also you will receive the printed/laminated version free with the purchase of *Awareness That Heals* book.

[Purchase the Book Here](https://www.awarenessthatheals.org/store/)

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CHART ONE



Challenging Feelings and Emotions

- Challenging feelings include both resistant and vulnerable emotions.
- Vulnerable feelings are softer and nonaggressive.
- Resistant emotions have fight and resistance in them.

Use the lists below to help you identify challenging feelings. The descriptions are not intended to be all-inclusive or rigid in any way. Circle or write down the most challenging emotion(s) for you.

Resistant Emotions		Vulnerable Emotions	
agitated	impatient	abandonment	inferior
aggressive	intolerant	anxiety	incomplete
alienated	irritation	confusion	inhibition
angry	judgmental	dependency	insecurity
annoyed	moralistic	depletion	jealousy
antagonistic	pessimistic	depression	loneliness
aversion	power	despair	loss
bitter	rage	disappointment	needy
coldness	repulsion	discouragement	pain
competitive	resentment	disillusionment	powerless
condescension	resistance	embarrassment	regret
contracted	sarcasm	emptiness	rejection
disgust	self-hatred	fear	remorse
distrust	selfishness	grief	sadness
dominated	skepticism	guilt	shame
exasperation	superiority	helplessness	sick
frustration	tension	hopelessness	sorrow
hatred	violence	hurt	wanting
hostility	wariness	inadequate	weak



CHART TWO



Underlying Needs/Essential Qualities

As we use them here, needs and essential qualities are identical: they are all elements of compassion. This list can help you identify them so you can use them in more exacting and healing ways in your life.

Write down or circle the essential qualities that would be most beneficial for you to develop to manage each challenging emotion you highlighted in Chart One. This is an important first step. Next, ask yourself: What thoughts and actions do I need to cultivate to support the integration of my challenging emotions with my heart and wisdom? Understand that this is not a quick fix, but rather a guiding process to use throughout your life as new challenges arise. Remember, you are not alone in this journey. Seeking the support of a counselor can often be helpful. There are more steps and subtleties that will assist you on our website and here in the book *Awareness That Heals*.

abundance	friendliness	peace
acceptance	fulfillment	positivity
affection	generosity	presence
appreciation	gentleness	receptivity
attention	gratitude	recognition
authenticity	growth	reflection
awareness	happiness	relaxation
belonging	harmlessness	relief
calmness	healing	respect
communication	health	responsibility
compassion	helpfulness	safety
competence	honesty	satisfaction
confidence	hope	security
connection	humility	sensitivity
containment	humor	sexuality
contemplation	independence	silence
contentment	innocence	soothing
cooperation	inspiration	strength
courage	integrity	success
creativity	intimacy	support
discipline	kindness	tenderness
ease	love	tolerance
empathy	meaning	trust
encouragement	mutuality	understanding
esteem	openness	well-being
faith	patience	witnessing





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Looking For More?

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Signup for our FREE Membership site

These approaches may sound simple, but it can be transformational when practiced daily.

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Join our next live webinar

A unique opportunity to connect with Robert online and to engage in an interactive dialogue.

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Other Resources



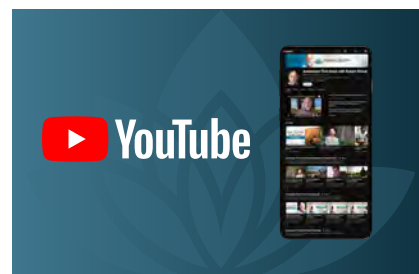
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