

negativity leaks



WARNINGS

WARNINGS ARE NOT COMPASSIONATE. THEY KEEP PEOPLE OFF BALANCE AND ARE A FORM OF GIVING ENERGY TO NEGATIVITY.

PEP TALKS

PEP TALKS SEND THE MESSAGE "I KNOW YOU COULD BE SUCCESSFUL, BUT YOU AREN'T" OR EVEN WORSE "I KNOW YOU COULD BE SUCCESSFUL BUT I AM AFRAID THAT YOU WON'T IF I DON'T PUSH YOU."

LECTURES

RESET YOURSELF AWAY FROM THE IMPULSE TO LECTURE OR MAKE SURE THE CHILD KNOWS WHY YOU GAVE A RESET. ONLY LECTURE ABOUT RULES BEING FOLLOWED.

"SHOULD"ING: ON YOURSELF OR ANYONE ELSE. "SHOULD"ING IS A FORM OF LECTURING. BE ON THE LOOKOUT FOR SNEAKY VARIATIONS LIKE "NEED TO" AND "OUGHT TO."

"I TOLD YOU SO"S: ANOTHER FORM OF LECTURE. IF YOU FIND YOURSELF TEMPTED TO IN ANY WAY REMIND SOMEONE THAT THEY HAVEN'T FOLLOWED THE RULES OR YOUR ADVICE AND A PROBLEM HAS RESULTED, RESET YOURSELF.

REMINDERS: AS IN "DID YOU TAKE YOUR MEDS?" OR "HAVE YOU DONE YOUR HOMEWORK YET?"

SARCASM

SARCASM WILL UNDERMINE YOUR EFFORTS TO SHIFT THE DYNAMIC IN YOUR RELATIONSHIPS.

CSI (CRIME SCENE INVESTIGATION)

ANY VARIATION ON EXPLORING WHY THE PERSON CHOSE TO BREAK THE RULE IS A LEAK OF NEGATIVITY.

EMOTIONALITY AROUND GIVING RESETS:

GIVING A RESET FROM ANYTHING OTHER THAN A NEUTRAL STANCE WILL ENERGIZE NEGATIVITY. EVEN A WELL-INTENTIONED HUG AFTER A RESET COULD BE ENERGETICALLY INTERPRETED AS RELATIONSHIP OBTAINED VIA THE BROKEN RULE.

GIVING A RECOGNITION IN TANDEM WITH A PEP TALK, WARNING, OR LECTURE

KEEP RECOGNITIONS CLEAR AND CLEAN APPRECIATIONS OF WHATEVER IS GOING RIGHT IN THE MOMENT.

CONTROLLING

EXAMINE YOUR OWN MOTIVES CAREFULLY. IF YOU ARE DOING ANYTHING IN HOPES IT WILL CAUSE SOMEONE TO DO SOMETHING, YOU ARE IN NEGATIVE TERRITORY ENERGETICALLY.



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