

# JUDGEMENT & HEALING POWERS OF NEGATIVE EMOTIONS

Grading Element	Exceptional (4 pts)	Competent (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pts)	Score
<b>The Six Basic Emotions</b>	I am always aware of the six basic emotions and how they show up for me; I always express them fully knowing that the healing for me is in the expression of the feeling.	I am mostly aware of the six basic emotions and how they show up for me; I mostly express them knowing that the healing for me is in the expression of the feeling.	I am sometimes aware of the six basic emotions and how they show up for me; I sometimes express them and sometimes suppress the negative ones.	I am unaware of the six basic emotions and how they show up for me; I don't express my emotions at all and usually avoid them at all costs.	
<b>Common Negative Emotions</b>	I am always aware of the common negative emotions and what happens when they are prolonged; I always 'empty my buckets' regularly and manage my emotions so that they don't produce deep negative convictions requiring long term healing.	I am mostly aware of the common negative emotions and what happens when they are prolonged; I mostly 'empty my buckets' regularly and manage my emotions so that they don't produce deep negative convictions requiring long term healing.	I am sometimes aware of the common negative emotions and what happens when they are prolonged; I sometimes 'empty my buckets' and manage my emotions but find it hard to deal with the deep negative convictions they produce when I don't.	I am unaware of the common negative emotions and what happens when they are prolonged; I never 'empty my buckets' or manage my emotions. I avoid my emotions and think negatively a lot of the time, that is just the way I am.	
<b>Judgement: The Bottom Lines</b>	I am always aware that my capacity for judgement is what creates all my negative emotions; I am always aware that my insecurity, fear, loneliness and jealousy cause me to judge others; I am always aware I have zero capacity to judge; my judgements are make believe projections damaging to myself and others.	I am mostly aware that my capacity for judgement is what creates all my negative emotions; I am mostly aware that my insecurity, fear, loneliness and jealousy cause me to judge others; I am mostly aware I have zero capacity to judge; my judgements are make believe projections damaging to myself and others.	I am sometimes aware that my capacity for judgement is what creates all my negative emotions; I am sometimes aware that my insecurity, fear, loneliness and jealousy cause me to judge others; I sometimes feel like my judgements are justified to protect myself from others.	I am unaware that my capacity for judgement is what creates all my negative emotions; I am completely unaware that my insecurity, fear, loneliness and jealousy cause me to judge others; I always feel like my judgements are justified to protect myself from others.	
<b>Techniques to Heal</b>	I am always aware of my judgement and I always explore my self talk; I always accept myself and look deeper for the hidden meaning in my judgement; I always suspend my judgement and question it when judging myself and others.	I am mostly aware of my judgement and I mostly explore my self talk; I mostly accept myself and look deeper for the hidden meaning in my judgement; I mostly suspend my judgement and question it when judging myself and others.	I am sometimes aware of my judgement and I sometimes explore my self talk; I have difficulty accepting myself and looking deeper for the hidden meaning in my judgement; I sometimes suspend my judgement and question it when judging myself and others.	I am unaware of my judgement and I never explore my self talk; I have difficulty accepting myself and others; I rarely suspend my judgement and never question it when judging myself and others.	

Action Items

Total

/16