

**Feelings aren't good
or bad,
they just are!**



**Behind every
Behaviour
is a thought
and a feeling**

**Negative feelings,
expressed as intensely as
they are felt, will reduce
in intensity and are free
to change.**

The opposite of Love

is not hate...

it is indifference!

To listen does

not mean

you agree

**What you protect
you make weak**

Emotional pain
is NOT
terminal!

**When feelings go up,
logic goes down**

**Acceptance does
not mean
approval**

**We do not react to
PEOPLE, EVENTS or
WORDS, but what they
MEAN to us...
and we choose the
meaning**

**The only purpose of the
past is to learn from it...**

once that is

accomplished,

it is time to move on.

**Judgments and
opinions**

are debatable,

feelings are not

**When we feel guilty,
we will set ourselves
up to be punished**

Anger

**is a secondary emotion,
we always feel something
before we feel anger**

**To repress a feeling
is to give it
unlimited power**

**What you resist
will persist**

**Is what you're doing
getting you what you
want, in the long run?**

**You can only make
logical decisions based
on what you are aware of**

Good Health Is:

- **Knowing what you feel**
- **Accepting what you feel**
- **Expressing what you
feel in acceptable ways**

**Resentment comes from
the repression of
feelings... not from the
expression of feelings**

**Once you become
responsible for your
irresponsibility,
you can change it**

**We are absolutely
powerless to change
others, but we are
absolutely powerful to
change ourselves**

**If you know what you
feel, you'll know
who you are
and what you want**

**Fear has never
stopped anyone from
doing what they
really wanted to do**

**We get through fear
by doing what we are
afraid to do**

**What you believe about
yourself is now who you
are, but what you learned
to believe about yourself**