



# Worksheet I - 'Emotional Balance Inner Mastery' Lab Work

## ACIM Lab Work Forgiving, Releasing, Trapped Illusions/Emotions Of Fears.

**Categories of Negative Mis-creations:** To the right are difference classes where blocks are created that may be explored for release by your Spiritual Guidance.

<b>A. Trapped Emotions</b>	<b>B. Vows/Agreements</b>	<b>C. Avoidances</b>	<b>D. Heart Walls</b>	<b>E. Hidden Heart Wall</b>	<b>F. Fears of Fears</b>
<b>G. Fog Banks</b>	<b>H. Protections</b>	<b>I. Concealments</b>	<b>J. Inconveniences</b>	<b>L. Phobias</b>	<b>K. Situations</b>

**A Course In Miracles:** "Here is his healing, for the Holy Spirit's vision is merciful and His remedy is quick. Do not HIDE suffering from His sight, but bring it gladly TO Him. Lay before His eternal sanity ALL your hurt, and LET Him heal you. Do not leave any spot of pain hidden from His Light, and search your minds carefully for any thoughts which you may fear to uncover. For He will heal every little thought which you have kept to hurt you, and cleanse it of its littleness, restoring it to the magnitude of God." Christ Jesus, ACIM

**Quick Ref:** Which Row? Which Column? Which Emotion? Who was involved? When did it happen? Is this it? Can I let it go gently/lovingly? How to release? Am I complete?

	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8
	Dignity, Respect, Self-Worth	Freedom & Control	Love & Friendship	Truth & Justice	Safety	Trust	Limits & Put Upon	Responsibilities Unfulfilled
<b>Row 1</b>	1) Anger	1) Bitterness	1) Abandoned	1) Aggression	1) Abandonment	1) Anxiety	1) Creative Insecurity	1) Unfairness
	2) Beaten down	2) Bottled Up	2) Alone	2) Accused	2) Abused	2) Confused	2) Deserving	2) Illegitimate
	3) Cut down	3) Controlled	3) Brushed off	3) Betrayed	3) Afraid	3) Cynical	3) Disappointment	3) Unjustly Treated
	4) Criticized	4) Demeaned	4) Confused	4) Cheated	4) Attacked	4) Disenchanted	4) Excitement	4) Malpractice
	5) Dehumanized	5) Depression/ed	5) Disapproved of	5) Dejected	5) Despair	5) Disgust	5) Failure	5) Ruined
	6) Disrespected	6) Discouragement	6) Discouraged	6) Falsely accused	6) Defensive	6) Disheartened	6) Helplessness	6) Exasperation
	7) Embarrassed	7) Effort Unreceived	7) Forlorn	7) Frustration	7) Frightened	7) Dread	7) Hopelessness	7) Un-credited
	8) Offended	8) Powerless	8) Misunderstood	8) Punished	8) Terrified	8) Suspicious	8) Over-Joy	8) Un-reasoned
<b>Row 2</b>	1) Humiliated	1) Imprisoned	1) Ignored	1) Guilt-tripped	1) Grief	1) Horrified	1) Humiliation	1) Unappreciated
	2) Inferior	2) Inhibited	2) Insignificant	2) Interrogated	2) Hatred	2) Guarded	2) Lust	2) Unrespected
	3) Insulted	3) Forced	3) Invisible	3) Judged	3) Insecurity	3) Jealousy	3) Longing	3) Irresponsible
	4) Invalidated	4) Manipulated	4) Left out	4) Lack of Control	4) Intimidated	4) Panic	4) Loss	4) Delusional
	5) Labeled	5) Obligated	5) Lonely	5) Lied about	5) Over-protected	5) Peeved	5) Low Self Esteem	5) Un-grounded
	6) Lectured to	6) Over-controlled	6) Lost	6) Lied to	6) Scared	6) Rage	6) Manipulation	6) Unreasonable
	7) Mocked	7) Over-ruled	7) Love Unreceived	7) Mised	7) Self-Abuse	7) Skeptical	7) Pride	7) Un-famed
	8) Put down	8) Cornered	8) Neglected	8) Conflicted	8) Vulnerability	8) Wishy Washy	8) Apprehensive	8) Not-normal
<b>Row 3</b>	1) Resentful	1) Rejection	1) Rejected	1) Robbed	1) Under-protected	1) Slighted	1) Overwhelm	1) Complicated
	2) Ridiculed	2) Pressured	2) Uncared about	2) Undone	2) Unsafe	2) Uninformed	2) Incapable	2) Superficial
	3) Stereotyped	3) Traumatized	3) Unheard	3) Violated	3) Threatened	3) Untrusted	3) Sadness	3) Unscrupulous
	4) Teased	4) Suffocated	4) Unknown	4) Helpless	4) Unaided	4) Untrusting	4) Shock	4) Unwelcomed
	5) Taken For Granted	5) Trapped	5) Unimportant	5) Powerless	5) Contemptuous	5) Reluctant	5) Underestimated	5) Un-recognized
	6) Unsupported	6) Immobilized	6) Deceived	6) Stifled	6) Weak	6) Befuddled	6) Useless	6) Discounted
	7) Worthless	7) Trepidation	7) Unloved	7) Bamboozled	7) Suspected	7) Bewildered	7) Restricted	7) Demeritorious
	8) Unworthy	8) Exposed	8) Unwanted	8) Inadequate	8) Weary	8) Stupefied	8) Limited	8) Un-common