

QUALITIES OF FRIGHTENED AND LOVING PARTS OF THE PERSONALITY

Frightened Part

- ▶ Unchallenged activities
- ▶ Distorted perception
- ▶ No trust (fear)
- ▶ Focused on the past/future
- ▶ Superior or inferior
- ▶ Glass half empty
- ▶ Second agendas
- ▶ Wants to satisfy itself
- ▶ Cover pain of powerlessness
- ▶ Pursues happiness
- ▶ Entertains or be entertained
- ▶ Indulges emotions
- ▶ Distracts from feeling
- ▶ Has friends who agree
- ▶ Sentimental
- ▶ Care taking
- ▶ Attached to outcome
- ▶ Victim/victor

Loving Part

- ▶ Chooses consciously
- ▶ Clear perception
- ▶ Loving
- ▶ In the present moment
- ▶ Equal
- ▶ Sees everything with clarity
- ▶ Acts from integrity
- ▶ Acts for health of all
- ▶ Welcomes feeling the pain
- ▶ Joyful
- ▶ Enjoys
- ▶ Experiences emotions
- ▶ Directly experiences emotions
- ▶ Attracts spiritual partners
- ▶ Real connection
- ▶ Care giving
- ▶ Not attached to outcome
- ▶ Creator