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**HOW EMOTIONS BECOME  
OUR OPPRESSORS**

# **THE EMOTIONAL PRECARIOUSNESS**

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You live inside your creation. This image of reality is the result of what we explain about what we live. Our image is a set of words that shape the emotional connection with the facts. Many times, we try to manipulate or control the events of the outside world to calm the turmoil of our inner world. So, we try to manipulate or control in the outside world what we cannot deal with our inner world.



DISCOVER

# EMOTIONAL DISSOCIATION

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The oppressive life is due to a colorless image of reality. The oppression of the inner landscape is related to the quality of your emotional connection with events. If you are overwhelmed by your present conditions, it is because you have run out of a variety of options and chances to deal with the situations of life. If you are overwhelmed by the present, it is because you have run out of colors in your personal palette to transform your inner landscape.

Emotional dissociation is the cause of our colorless landscape that defines unhealthy emotional territories which impact both in our personal lives and in our relationships. The emotional precariousness is due to the dissociation of the emotional impact in your landscape. The emotional void is due to the contempt, resignation or denial of your emotional states which manifests in your life in three ways: underestimation, submission, and deception. You can recognize these aspects in phrases and behaviors that affect your landscape.

**Underestimation** trivializes the emotional impact of events in our life. Some classic phrases state: *"Everything will be OK..."; "This happens to everyone"; "This is part of my job,"* etc. What these phrases accomplish is to contempt the emotional state.

**Submission** validates the impossibility and inertia in our life. This situation happens when people assume living conditions without considering alternatives of transformation. Sometimes, one of the most representative sentences that express resignation is: *"that is all there is to it..."*. This phrase covers with frustration the emotional state of resignation.

**Deception** replaces the impact of emotional states with thoughts, feelings or behaviors that create a fake facade to ward off pain or fear of daily events. People can disguise their emotions through manic, depressive or phobic attitudes. These reactions express the denial of emotional state.

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The *underestimation* is a consequence of the *contempt*

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The *submission* is the result of your *resignation*.

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The *deception* is a result of the *denial*.

APPLY

## ■ Harmful relationships

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If you live in an oppressive and colorless landscape, you will extend this emotional precariousness to your relationships. The extension of own precariousness over relationships affects the quality of the linkages. Spreading underestimation, submission, and deception of personal emotional states in the other individuals generate unhealthy relations characterized by *indifference, harassment, and manipulation*.

**Indifference** is the disregard of people. Underestimating the impact of personal emotional state becomes indifference to others. Indifference can manifest itself in degrees from carelessness to hatred of people. Indifference is the extent of one's emotional underestimation to the lives of others.

**Harassment** refers to constant and unjustified pressure on people. Frequently, this kind of bullying is hidden behind communication styles (both verbal and physical), in oppressive relationships, and more dangerous conditions can even lead to situations of violence. The submission of personal emotional state becomes harassment to others.

**Manipulation** is a paradoxical relationship, between cruelty and charm, that trap people in social interactions of subjugation. Manipulation appears daily generating behaviors of victimization and guilt, as well as discomfort. In the most harmful levels, it can reach to extortion and abuse. The deception of personal emotional state becomes manipulation of the conditions of the life of others.

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The *indifference* of a person toward others is the projection of personal emotional *underestimation*. *Harassment* of a person toward others is the projection of his/her emotional *submission*. The *manipulative* personalities project the *deception* of their life to other people.