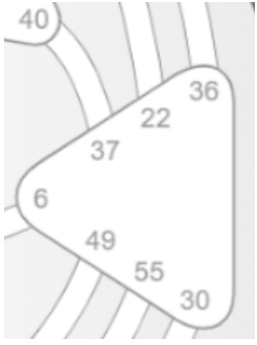


SOLAR PLEXUS CENTER - UNDEFINED



You have an undefined Solar Plexus Center, meaning you absorb and amplify others' emotions.

Understand that the emotions you feel are not yours, and that identifying with them will not benefit you.

You live in a world where 51% of humanity are emotional, so this exposure is impossible to avoid, but it is important that you learn to live among others successfully.

When you were very young, you began to think it would be safer to avoid confrontation and truth at all costs. The reasoning behind this was to avoid any emotional outbursts so that you wouldn't have to deal with fear, anger, and shock.

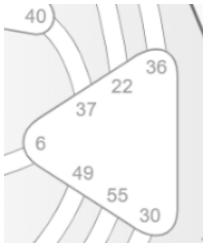
The truth is you simply didn't want to "rock the boat." Your emotional environment can be overwhelming and confusing, but if you understand you are feeling someone else's emotions, it all becomes a bit easier.

Only seeking the high end of emotions and trying to resolve or process emotional problems is not you.

Allowing yourself to be driven by others' emotions, or being so scared of emotions that you run away from people and relationships altogether has a negative effect in the long run.

You are designed to be emotionally neutral and calm, enjoying the ride of the emotional wave, soaking up the highs and lows without identifying with any of them or allowing emotions to drive your decisions and actions.

Never make an emotional decision. Instead, wait to be cool and neutral. Don't run from confrontation. Accept the emotional conditioning without identifying with it.



UNDEFINED SOLAR PLEXUS CENTER



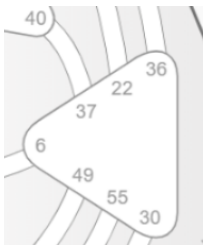
HEALTHY EXPRESSION

- Realizing when emotions are not yours and not taking on or identifying with other people's stuff.
- Being emotionally neutral and calm.
- Refusing to run from confrontation and truth.
- Being able to watch and surf the emotional wave, soaking up the highs and the lows without identifying with any of it or allowing emotions to drive you.
- Refusing to make emotional decisions, but instead waiting to be cool.
- Refusing to run away from confrontation, but accepting emotional conditioning without identifying with it.



UNHEALTHY EXPRESSION

- Being emotionally intimidated.
- Being afraid to rock the boat.
- Amplifying emotions and identifying with them.
- Being overly emotional or ice cold.
- Avoiding confrontation and truth.
- Feeling overwhelmed by the emotional environment and trying to avoid confrontation at any cost.
- Lying to yourself and others out of not wanting to rock the boat.
- Seeking the high end of the wave and trying to resolve or process emotional problems.
- Allowing yourself to be driven by others' emotions, or becoming so scared of emotions that you run away from people and relationships altogether.



UNDEFINED SOLAR PLEXUS CENTER

UNHEALTHY EXPRESSION



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- Allowing yourself to be driven by others' emotions, or becoming so scared of emotions that you run away from people and relationships altogether.

NOT-SELF TALK

- I don't want to go there, because I don't want to deal with the confrontation.
- Let's not say that, because it might upset that person.
- Let's be really nice and smile so they like me.
- There is no point in going there, because I might be disappointed or rejected. It's not worth it.
- I'm afraid to tell her the truth, because I don't want to hurt her feelings.

