



## **Emotional Patterns August 2020 Newsletter**

**I hope this email finds everyone feeling well and at peace.**

**August 2020's newsletter is a little different. Below you will see a list of new Emotional Patterns that have been added to the online database, a meta-state glands and organs revision 2.0 link, two new video links one for "The Bypass Effect" and a "FAQ: Finding Inner Peace in Today's World" and a write up on jealousy.**

**I received a request for a writeup on jealousy from a subscriber. Jealousy is not a "malady" in the strictest sense of Emotional Patterns. It is a block to inner peace, yet it was not planned for the Remen Q book. So it became a crossover item. I felt that it should be in the Remen Q workbook. The Remen Q book and workbook are being worked on but it will be a few more months before they are ready. So I made the decision to include the workbook material with this writeup.**

**Update: The Victim Identity video will be in August. The Victim Identity video has taken longer than I thought (a big garden and it is canning season). Once that is done I will schedule a question and answer session on Zoom. The Victim Identity writings will be in the Remen Q book and workbook. The Fears and Created Patterns of a Victim Identity will be included in the Emotional Patterns online database. Being a victim is integral to many of the maladies listed in the Emotional Patterns material**

# Peace, Valeria

## Jealousy.

When a relationship(s) changes there may be a perceived loss of self-esteem, self-confidence, self-love, and self-trust.\* This loss may be projected as being a feeling of injustice, being unloved, rejection, betrayal, or not good enough. This change may occur at the birth of a new sibling, a profound change in the family circumstances (divorce, death, moving, severe economic hardships, illness, etc.), losing your job, etc. When there is a loss the relationship(s) changes and you will go through a process of integrating the new relationship into your life. That process of change is similar to the stages of grief; shock, denial, anger, bargaining, depression, testing, and acceptance. As happens with grief you may get stuck in one of those stages. Jealousy is a variation of grief that is stuck in anger. Anger becomes the propelling force of jealousy. The jealousy based anger takes the form of criticism, gossiping, manipulation, control, injustice, betrayal, sarcasm, and more.

\*A relationship is an energetic connection between two entities. Two people may have many different relationships. For example, you may be in business with your Uncle Thomas. Uncle Thomas is your business partner, a good friend, and your uncle. Each one of those roles is a relationship. Since we are connected to everything we have an unknowable number of relationships.

Below are emotional states, fears, created patterns, and workbook questions associated with jealousy.

### Emotional States:

1. Long term place of honor has been lost to another person. No longer were they prized by their parents, friends, boss, or extended family. They have lost the adoration of their identity to another. The love and acceptance that had been theirs has been taken. A deep sense of injustice.
2. Harsh injustice brought them to a place of not wanting to understand or change. They held on tightly to what was, which was followed by a deep depression - feelings of rejection and being unloved.
3. Welcomed by all they were then cast aside in favor of another that was new and had attributes that pleased those around them.
4. Control keeps them feeling loved and safe. When the lack of control is threatened they panic and grab onto what has kept them safe.
5. Reduced exposure to others keeps them from feeling threatened and their position challenged. If they isolate, put up walls around the object of love and acceptance, they protect and keep it from being taken. Wanting to keep others away from what belongs to them. Holds someone/something out to be the source of their happiness.
6. They project a futurescape on their relationship(s) to keep their fear from happening. This is a form of worrying to keep bad things from happening. They fear the unknown and change. The bad things are a very dangerous possibility in their mind.
7. Early in life compared to another to be acceptable and receive love.
8. Epigenetic influence of the fear of failure based on their ancestry. Tied to ancestral desires and ambition that drove the person to their grave. Literally. This unrequited ambition to be a success was all-encompassing and was the entire focus of their being. This ambition was based on a fear that their condition in life would revert back to a form of indentured servitude/slavery.
9. Early in life trauma of being derided for errors. Their fear is greater than their integrity and moral compass. The other person's failure is their success.

10. Lost opportunities created a view that the world was out to get them (victim) and that they deserved to have better - the world was unfair to them.
11. Doesn't know what else to do other than feel a sense of panic. They have no control over past events in someone's life. The only thing they can do is work to destroy the past by making it seem less than. They want/need to control the other person's entirety. They want their very life to be because of them. Everything they are now and everything they have is because of them. The fact that there is a time before threatens their need to make them totally dependent. The fact that there was a time before makes them more than their definition or creation. If the focus of their control accomplishes something they will minimize the achievement or take credit for it. They are grossly insecure about their own identity. They look to another to define them. They define themselves by what they have given and what they have done in the relationship. Anything outside of that is a threat to their security. They feel unsafe and threatened.
12. There is a blurring of time. The past is very much a part of their present. They cannot differentiate the separation in their lives of before and after. As a child and adult child, the past mistakes were thrown in their face as a reminder of their flaws and failures. This created a lack of trust and openness in their relationships. Attention was always being focused on their shortfalls. That lack of trust feels like an attack. They are on constant alert to keep from being blindsided by a possible reason to not trust someone. They will manipulate information to create distrust. Distrust is a place of safety. The distrust is how they interpret loving relationships. The lack of trust would look at a prior relationship and say "how do I compare". That thought creates more insecurity and more distrust. In their mind, they have to be better. They are comparing themselves to the phantom past -- to a memory.
13. Love was withheld unless they excelled.
14. Fear of loss creates the need to be on alert for the potential experience of loss or rejection. There is a need to be prepared for the unknown known. This gives a feeling of control.

#### Fears:

- Fear of rejection
- Fear of loss
- Fear of someone taking what they believe is theirs
- Fear of being out of control
- Fear of trusting others
- Fear of being unloved
- Fear of betrayal
- Fear of the unexpected
- Fear of the unknown
- Fear of change
- Fear of not being good enough
- Fear of being unwanted
- Fear of being replaced by someone else
- Fear of someone being better
- Fear of someone else's success
- Fear of others luck
- Fear of failure
- Fear of being seen as a failure
- Fear of being outcast
- Fear of being outside the circle
- Fear of not being perfect

#### Created Patterns:

1. I must be perfect to be loved.
2. I must stop others from making progress.
3. I must get my needs met before others.
4. I must be like others to be accepted.
5. I need to be the focus to feel wanted.
6. When others fail I succeed.

7. I must be better than others.
8. I must not let others have more than me.
9. I am not good enough.
10. I am alone.
11. My siblings get more love than me.
12. My siblings get better stuff than me.
13. My parents love my siblings more than me.
14. I must put down others to be safe.
15. Others don't succeed unless I help them.
16. I can't let others be better than me and feel good.
17. I must point out how others are wrong so they will appreciate me.
18. I must point out how others are wrong so they will see I am better.
19. I can't let others succeed. This will make me look bad.
20. I must find the mistakes others make so I look good.
21. People who have more than me are just lucky.
22. I feel good when others fail.
23. I must point out when people are going to fail.
24. I must diminish others to feel good about myself.
25. I must prove to my parents that I am better than my siblings.
26. I must prove to my friends that they can't do without me.
27. I must prove I am better than my significant other's ex-partners.
28. I feel threatened by my significant other's ex-partners.
29. When my significant other with another I feel threatened.
30. I must create a place for myself in the lives of others.
31. I can't trust others to not leave me.
32. I give empty compliments to cover over my true feelings.
33. I can't trust others to not betray me.
34. Even when people succeed I can see where they have made mistakes.
35. I must leave people that have succeeded.
36. I must prove I am better than others.
37. I can't share praise with others.
38. I must protect myself at the expense of others.
39. I must look important by telling stories about others.
40. I can't trust others to do the job right.
41. People that love me leave me.
42. I must put others down to be better.
43. I must prove my worth by finding mistakes.
44. I can't take advice, it makes me look stupid.
45. People who think they are better don't deserve me.
46. I must point out the faults of others to be safe.
47. Others are not really better, they just have luck.
48. I must sabotage others to be safe.
49. I hurt others to be safe.
50. I am afraid of failing.
51. I hurt others to prove I am better.
52. My friends abandon me.
53. My friends can't have other friends.

#### **Workbook:**

Workbook questions are meant to trigger a heart response based on your behavior. The contracted heart response is then your opportunity to utilize an emotional release therapy or Remen Q to neutralize the contraction in your heart. Using a journal or notebook to record your experiences and feelings may be helpful as you explore these behaviors. If you feel a contraction while reading, stop, and pay attention to what your body is telling you. This is your opportunity to shift a limiting created pattern.

None of the methods of exploration I offer are intended to be definitive. They are intended to provoke feelings, thoughts, and reflections. These feelings, thoughts, and reflections then open the path for you to create a neutralization of the pattern.

1. Do you try to make yourself like others? Ex: You model your mode of dress after your favorite singer. Or you do the same hobbies and activities as your father. If your friend has a new car do you need to have a new car?

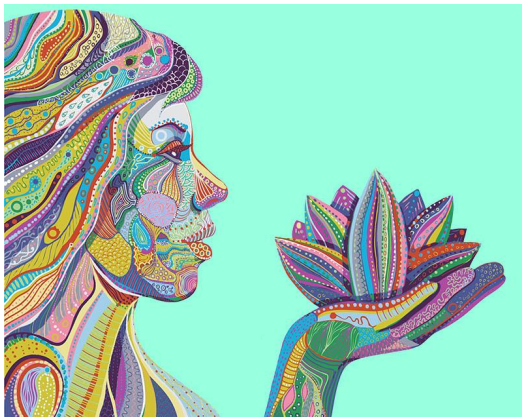
2. Do you want the attention and love that you see others get? Ex: You feel abandoned and unloved when a friend does something nice for another friend.
3. Do you dress excessively, unnecessarily foot the bill for meals out with friends, drive a car that is too flashy, etc. to get praise or attention?
4. Do you diminish others by talking about them behind their back? Ex: You talk about a co-worker's lack of dedication to their job to another co-worker.
5. Do you put down others for their accomplishments? Ex: You accuse your friend of being an overachiever and trying to make others look bad when they work hard to finish a project on time.
6. Do you interrupt a co-worker, a significant other, or a friend from their creative efforts? Ex: Your significant other is in the middle of a painting and you have a steady flow of questions and interruptions that stops their creative efforts.
7. Do you feel threatened by a significant other's creativity? Ex: You demand that your significant other stops what they are doing to tend to your needs.
8. Do you find fault in or second guess the decisions and actions of others? Ex: Your significant other is driving the car and you challenge their decision to drive a certain route. You point out you would have gone the other route because it is better.
9. Do you feel inferior when someone talks about things they have done or people they have been with? Ex: You call an old friend to catch up on your lives. You find out that your old friend went back to school and they completed an advanced college degree. When you get off the phone you feel bad about yourself and unaccomplished.
10. Do you feel good about yourself when people fail? Ex: A friend has just been fired from his job. When you get off the phone you feel good about your friend's failure. You feel self-confident and happy.
11. Do you point to additional failures when someone has not succeeded? Ex: Your next-door neighbor is working on repairing a car engine. You come over and remind him he couldn't make it work the last time he worked on it.
12. Do you ask your significant other "are you still working on \_\_\_\_\_"? Ex: Your significant other is writing a book. She has been typing all day. You come into the office and ask "Are you still working on your book?" The word "still" is emphasized. You know the book is going to take a long time. You are diminishing their hard work and inspiration.
13. Do you say nice things you don't mean? Ex: You go to an office meeting on the upcoming budget process. A cohort has prepared several pieces of visual information to present for consideration during the meeting. After the meeting, you comment to the cohort that they did a nice job on the slides. But, inside you are seething that you have been upstaged. Your cohort received praise from the manager of the team for proactively helping the team. You believe that praise should have been yours.
14. Do you find fault in the success of others? Ex: Your friend has just been promoted to a good job and they received a raise. Instead of congratulating your friend, you point out that they pay managers at another firm more money than what they are now getting.
15. Do you declare yourself a better employee, friend, etc. when someone makes a mistake? Ex: A cohort has written a section of code for a project. An error is found in the code and you declare that if you had written that section of code the mistake would not have happened.
16. When a friend, sibling, or cohort is successful do you abandon the relationship, quietly, saying nothing? You just quit being there? Ex: A friend has just published a book and sales are very good. Your friend is very happy that the book project has succeeded. She worked very hard for a long time. As long as she was working on the book you were her friend. When she

published the book you faded away. You did not return her phone calls, emails, or text messages.

17. Do you feel like you are in a competition with your family, friends, or work cohorts? Ex: At your last family reunion you made a point of pointing out all the great things that you have accomplished and your kids accomplished. This focus dominated the conversation so that no one else could share their life experiences.
18. Do you need to work by yourself? Do you have trouble working in teams? Ex: You have taken on a very large project that really should be divided up into tasks for 3 people. Instead of asking for help and working as a team with others, you work very long hours and weekends to complete the project. You do this because you do not want to share the praise and spotlight when it is completed.
19. Do you need to undermine the work or success of others? Do you find the smallest faults in a person's accomplishments? Faults that are irrelevant? Ex: a comma missing in an accomplished piece of writing by a friend.
20. Do you strongly dislike a person because they have things you don't? Your brother calls you. He is very excited about his new car with advanced technology. He tries to tell you about the new car and you suddenly need to get off the phone. Inside you are feeling a strong dislike for your brother and his good fortune.
21. Do you work to destroy relationships of others; a sibling, friend, fellow worker, etc.? Ex: You misconstrue something about a sibling to your parent to look better than your sibling to your parent.
22. Do you sabotage others with bad or misleading information? Ex: A consultant has been hired to map out the network. You had wanted to do that job as it would add to your value in the group. When the consultant interviews you for the information you hold you give only half-answers. Their end product will be incomplete and need to be reworked as a consequence of your half-answers.
23. Do you feel threatened by a new boss or new coworker? Ex: Your manager has hired a new coworker to take on an advanced portion of the software application being developed. The new coworker has many more years of experience with advanced skills. You feel threatened by them. You no longer feel that you perform a role that would be difficult to replace.
24. Are you constantly feeling negative and critical of the world around you?
25. When you accomplish something do you feel good about yourself? Or do you need to hear the praise of others to feel secure? Ex: I belong to several creative arts groups on social media for painting, glass, and crafts. Daily someone is posting a picture of their efforts asking for advice on how they can make it better. Some of the art being posted is amazing and needs nothing else. When that happens they are then showered with compliments. The majority of these posts are genuine insecurity about their creative efforts.
26. Do you gossip?
27. Do you try to make others feel powerless with your criticism? Ex: You are a finance manager and you micro-manage the tasks performed by your employees. You constantly question and criticize their work. You have taken your employees' autonomy and in so doing have made them feel powerless. You have also prevented anyone from excelling.
28. Do you need to make others look bad so you look good? Ex: Your cohort is giving a presentation to the financial team on the findings of the quarterly results. There is a significant fact missing and instead of pointing it out to the cohort so they can inform the team later, you speak to the whole team in the middle of the meeting about the missing information.
29. Do you get angry at advice? Ex: Your neighbor comes over while you are in the middle of putting together an IKEA chest of drawers. Your neighbor had just purchased the same chest and put it together. He sees you have skipped

a step. They know you will have to undo a bunch of work before you find the error. They point out the skipped step and you get angry at them.

30. Do you need to give advice or take over someone's project because you could do it better? Do you need to tell them how they are doing it wrong? Ex: You go over to your neighbor's house to visit and find them constructing a garden workbench. You begin kibitzing their process and before you know it you have taken over the project.
31. Do you have problems losing? Ex: Your younger brother wins at a game of scramble and you feel angry. You get up and walk away.
32. Do you constantly bring up the old mistakes or failures people have made to others? Ex: You say to your boss when you know they are making a promotion decision "You know Mary did not make last year's quota for widgets." You know this statement is only partially true. Overall Mary exceeded the annual quota.
33. Do you take credit for other people's work or successes? Ex: A woman goes back to school and completes her college degree. Her husband takes credit for her accomplishments and in another conversation diminish the hard work it took.
34. Do you compare yourself to your significant other's prior relationships? Ex: You ask your significant other whether their ex was better in bed than them.
35. Do you accuse your significant other of being in another relationship? Ex: You see your significant other talking to a neighbor and you accuse them of having an affair.
36. Do you project a future relationship for your significant other that you then compare to yourself? Ex: You accuse your significant other of finding someone that is richer, thinner, better in bed, etc. in the future and dumping you.
37. Do you question your significant others' loyalty? Ex: You feel constantly threatened by your wife's ex-husband. You constantly question your significant other whether their ex-husband was better than you.



### **New Emotional Patterns**

These maladies have been added to the Emotional Patterns Database:

- Complex PTSD
- Societal Anxiety Disorder



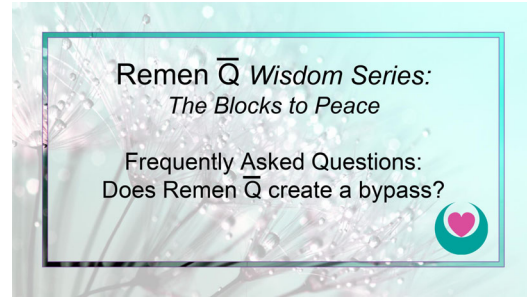
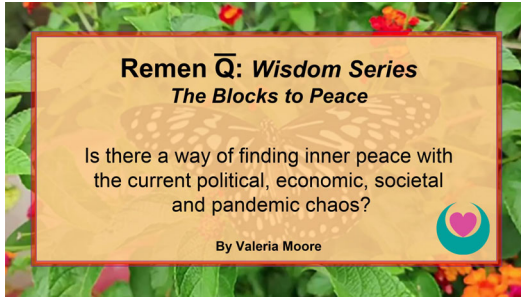
### **Correction to Meta-State Organs and Glands**

It was pointed out by a subscriber that I had left out Lungs. That has been added to the revised version.



- Poor Circulation in hands and feet
- Mast Cell Activation Syndrome
- Helicobacter Pylori
- Dermatographic Urticaria

[Meta-state of Organs and Glands](#)  
[Revision 2.0](#)



**FAQ: Finding Peace in Today's World**

One of the most frequent questions I receive is "How do I have inner peace with the chaos all around me?" I explore the concept of radical ownership of the issues in today's world that generate a feeling of non-peace and then transmuting feelings of non-peace using Remen Q. The video link is below.

[Remen Q Wisdom Series: Finding Peace in Today's World](#)

**The Bypass Effect**

When a physical healing or an emotional release is temporary and you believe that it was permanent, a Bypass Effect has been created. A bypass may become apparent in 24 hours or 5 years. A Bypass Effect may create additional limiting patterns. Remen Q does not allow for a Bypass, the intention is peace in the moment. There is no illusion that permanent healing has happened. Remen Q does not replace one thing for another. Remen Q transmutes a relationship to the most probable possibility for peace in the moment.

[Remen Q Wisdom Series: FAQ - Does Remen Q Create a Bypass?](#)



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