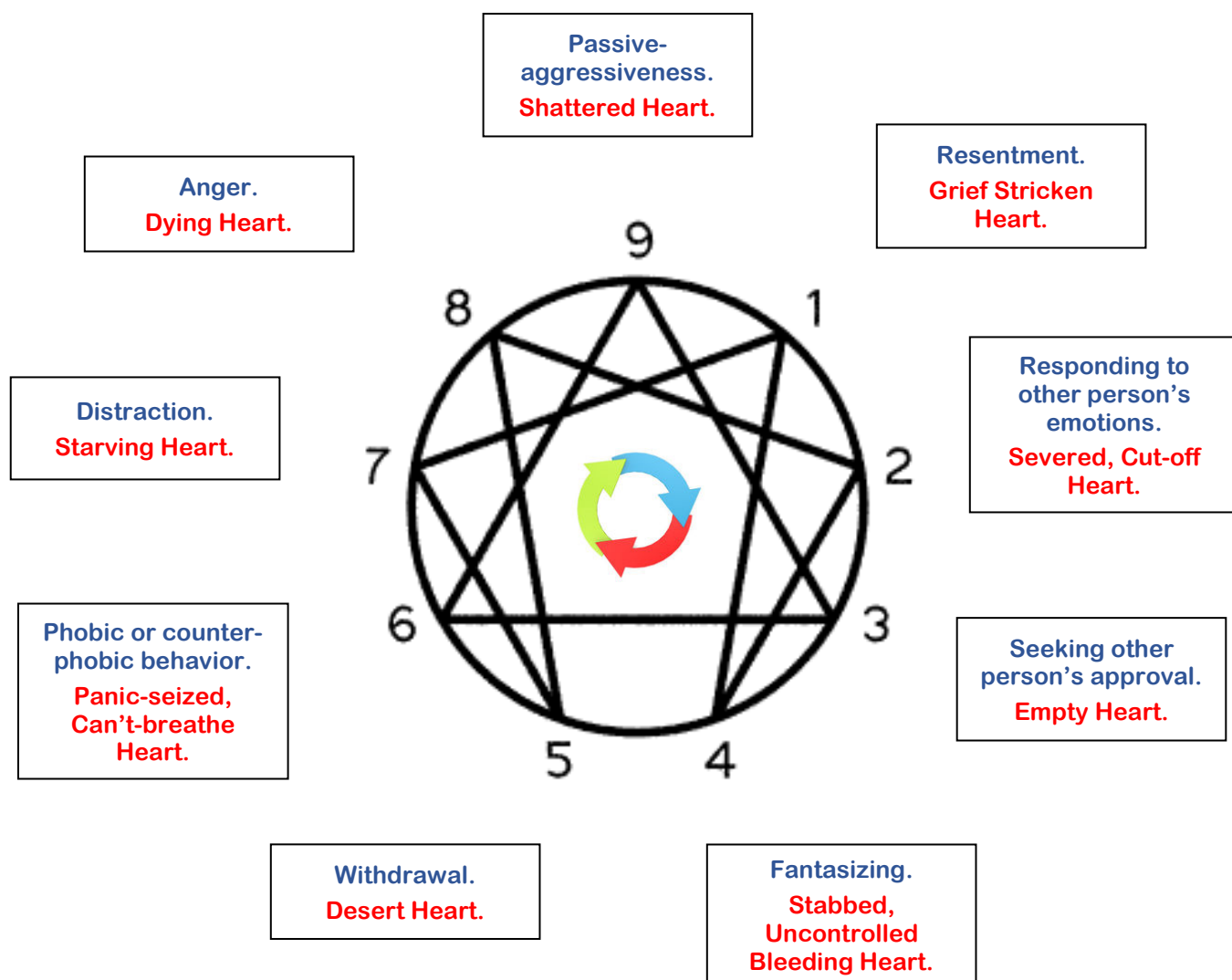




Overly-Focused Emotions¹ & Broken Hearts²

We are all faced with situations that compel responses involving our beautiful and painful human emotions. The challenge is to know the difference between an appropriate response and a fixed pattern of repetitive reactions – which at first seem to protect our heart, but over time can result in a Broken Heart.

- Sometimes anger is focused appropriately. However, the **Body**/Gut Center habitually reacts to all stress with anger (8), passive-aggressiveness (9), and resentment (1) towards our self or others.
- Sometimes fear is the appropriate response to real danger. However, the **Head** Center can be overly sensitive to any perceived threats, reacting with withdrawal (5), phobic or counter-phobic behaviors (6), and distraction (7).
- Sometimes we need to *not* engage and respond in a given situation for valid reasons. However, the **Heart** Center regularly represses their own emotions and submits to others by responding to others' emotions (2), wanting others' approval (3), and fantasy or symbolic displacement of their true feelings (4).



¹ Emotions & the Enneagram

² Russ Hudson