Chart 8b
REACTION TO CONFLICT
(Reactivity and unconsciousness, 2 of 3)

Produces lack of awareness and unsatisfying life patterns

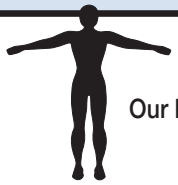
This thought process happens in a matter of seconds.

Start here

This area represents the mind

This entire sequence of events is governed by the law of identity and the belief formation process

This is my Seen Self	*This is my Hidden Self*
AN EVENT TRIGGERS CONFLICT	
I feel pain or emotional upset in my body.	
I feel frightened, hurt, or angry because I feel accused or attacked. (I don't realize it, but I am re-experiencing a **parent-child collision** from childhood.)	My deepest **emotional longings** unconsciously rise up within me, creating a dual pressure to hide them or ask for them.
Faced with disapproval from this proxy for my parents and my own seen self, I become emotionally reactive (or stoic) and fall into my **blind spot**.	
Unconsciousness occurs at this point as I react from fear.	
I unconsciously accept my **childhood beliefs about disapproval**.	I **hide** my **genuine feelings** and a portion of my emotional strength. I believe that if I express my feelings I will receive worse disapproval, perhaps rejection or abandonment.
I unconsciously enact my **masking behaviors**. I don't see them, but they are visible to others.	I disassociate from my **emotional longings** to avoid disapproval for asking for what I want. By doing so, I deny my own truth.
I react from my **receptive** or **active**, whichever is dominant, which means my reaction is out of balance. I am reacting unconsciously to self or external disapproval, which perpetuates self-defeating patterns.	



Our Body

Similar conflicts and confrontations appear regularly in my life. Each one represents both my seen self's fear of disapproval and my hidden self's desire for healing and integration. These ongoing conflicts are **living symbols**. They represent the two parts of my identity, presenting me with fresh opportunities to hide or ask for my unfulfilled **emotional longings**. The choice is mine. These conflicts will occur within me and with others. They may include illnesses, accidents, twists of fate, etc. All chronic illnesses should be viewed as **living symbols** that represent persistently unfulfilled **emotional longings**.

This is our Personal Identity