

# FLIGHT LIST

**If anything on this list has become ignited or excessive in your life,  
this is a sign that you're resisting /repressing your emotions**

## **Directed at Others**

Blaming  
Criticizing  
Controlling  
Judging  
Lecturing  
Managing  
Correcting  
Policing  
Nit Picking  
Condemning  
Jealousy  
Over Protective  
Comparing

## **Affects Your Personality**

Assuming  
Getting Righteous  
Being Sarcastic  
Dismissing  
Interrupting  
Comparing  
Intellectualizing  
Evaluating  
Justifying  
Explaining  
Getting Wordy  
Whining  
Complaining

## **Shutting Down**

Getting Confused  
Being Misunderstood  
Getting Embarrassed  
Getting Shy  
Withholding  
Concealing  
Waiting  
Getting Distracted  
Procrastinating  
Ignoring  
Withdrawing  
Numb  
Stoic

## **Internal Conflict**

Anticipating  
Worrying  
Feeling Overwhelmed  
Freezing  
Being Disorganized  
Daydreaming  
Getting Bored  
Spacing Out  
I'm Not Enough  
Underperforming  
Self Esteem Issues  
Unworthiness  
Powerlessness

## **Getting Busy**

Watching TV  
Eating  
Shopping  
Consuming  
Cleaning  
Organizing  
Rehearsing  
Rushing  
Analyzing  
Figuring It Out  
Editing  
Getting Busy  
Working Out

## **Physical**

Coughing  
Yawning  
Smiling  
Fidgeting  
Not Breathing  
Body Aches  
Excessive Emotions  
Getting Sick  
Getting Tired  
Injuring Yourself  
Unable To Perform  
Alcohol  
Most Drugs

## **Over Compensating**

Seeking Approval  
Looking Interested  
Smiling  
Doing It Right  
Rising Above It  
Trying Hard  
Being a Good Student  
Caretaking  
Getting Silly  
Getting Enlightened  
Arrogance  
Know It All  
Pretending

## **Forms of Resistance**

Ignoring It/Denial  
Meditating It Away  
Letting It Go  
Replacing with Positivity  
Rationalizing It Away  
Breathing It Away  
Controlling It  
Blaming Others for It  
Shaming Yourself/Others for It  
Trying To Understand It  
Talking/Thinking About It  
Avoiding It  
Train Your Brain

**THIS IS WHAT WE DO RATHER THAN ALLOWING OURSELVES TO FEEL**