

# NEGATIVE FEELINGS BURIED ALIVE – NEGATIVE CONSEQUENCES

**Definition of Bury:** / 'bɛr i /

**Verb:**

1. To put in the ground and cover with earth.
2. To cover in order to conceal from sight.
3. To put out of one's mind.
4. Cause to appear insignificant by assigning to an unimportant location.
5. To avoid reality; ignore the facts of a situation.

## HURT ASSESSMENT

### ANSWER THE FOLLOWING QUESTIONS

1. Have you felt like quitting?
2. Have you felt not good enough or less than others?
3. Have you felt discriminated against?
4. Have you been accused of being stupid or not smart?
5. Have you felt unloved?
6. Have you thought of committing suicide?
7. Are you frustrated with your relationships, body or job?
8. Have your parents severely disappointed you?
9. Have you given your all and felt like you got nothing in return?
10. Have you felt treated unfairly?

~ If you answered yes to any of the following questions, you have hurts buried.

## NEGATIVE STEPS to BURYING FEELINGS ALIVE

1. Hurt Initiated by Someone.
2. You Feel Pain.
3. You Make the Decision Not to Process Pain Fully.
4. By Default Hurt Feeling is Buried Alive.
5. Negative Feelings Began to Accumulate & Grow From Hurt Feelings.
6. Negative Feelings Begin to Negatively Impact Your Life (poor decisions; negative actions).
7. Negative Reactions From Negative Feelings Sabotage Success, Relationships Happiness.