



## Life Mastery Training Program

# NEGATIVE PLEASURES WORKSHEET

**1. What are your favorite negative pleasures that you justify for some reason that you know are negative in nature?**

Hints: Negative pleasures, judging others, not being serious enough, being too serious, being super spiritual, being a success in worldly terms, being a hypocrite, being angry or aloof to keep people away, playing victim, building and blowing up relationships via your woundology, making others wrong by being right, all of our your addictive secondary pleasures (drugs, drinking, smoking, over eating, eating junk, starving yourself and calling it a diet, Facebook, TV, etc.), being lazy, working out incessantly, being cruel justifiably, being self-righteous against bad people, being more sensitive and loving than others, being more giving than others, being tougher and more callous than others, caretaking until you drop, being overly protective, asking for nothing, being demanding, being above it all, withholding love, affection, or sex, isolating when you are in need, isolating until you figure life out, not asking to be loved or supported, cheating, telling stories, lying for others good, etc.

**2. All negative pleasures lead to isolation and are blocks/Vows in your chakras, which numbs your ability to feel what is actually happening in the world, feel who you are, and what your life purpose is. What is the behavior that isolates you the most? How do you get pleasure from punishing yourself and others by, holding back, demanding what is not there, or rejecting what is? How is what you do to isolate and reject others "not evil" in your mind and a victimless crime?**

Hints: Waiting for others to invite you and not asking staying alone, being a workaholic never having time, only asking for what you don't want in your primary relationship and rarely being honest about what you really want, being too busy, caretaking those in need, avoiding groups, being needy and a tired poor me, butting in on other people's business, not having any needs, burning every bridge you are presented with, spinning in your head, computer game addict, texting addict, TV addict, drinking in your relationships, feeling broken and not worthy, never asking for help, not trusting others, hiding from conflict, not trying new things, fear, anger, unwillingness to forgive, insecurity, pride, rejection, self-will, stubbornness, revenge, masks of love, power, or serenity, etc.

**3. What self-destructive and sabotaging illusion underlies your motivation to sustain your negative pleasures even though you know they hurt you and others?**

Hints: Being the best at something give you a sense of pride, you never give up your will or surrender to anyone, you have to be better than others, or at least not be worse than others to feel good about yourself, being spiritual makes you a good person, being successful is better than failing, not talking or telling your whole truth keeps you safe from criticism, telling people what they want to hear makes you more likeable, being wounded and now being better than your victimizer makes you good, social drinking is fun, if I am doing it to me it hurts no one else, being thin makes you attractive, etc.

**4. What are your primary positive pleasures in life? What core need do they fill?**

Hints: Relationships, intimacy, love, deep soul connection, asking for what you want in your heart not your mind, working through your problems head on, overcoming great odds through trust, gentle touch, a healthy body, balanced exercise routine, eating good tasting nutritious food, family, laughter, being mischievous, being silly, play, soulful work that expresses your core, sacrifice for a higher cause, fighting the good fight, never surrendering to unconsciousness, etc.

**5. Extraordinary Power Process: What are you going to commit to doing right now that can change this negative pleasure and replace it with a primary pleasure?**

Hints: Your inner and outer goals should be aimed at doing just this.