

# ARE YOU EMOTIONALLY SECURE...?

CHRIS WALKER

# TEST IT



<p><b>DO YOU EVER FEEL REJECTED?</b></p> <p><b>Y/N</b></p>	<p><b>DO YOU EVER FEEL HURT?</b></p> <p><b>Y/N</b></p>	<p><b>DO YOU EVER FEEL ANGRY?</b></p> <p><b>Y/N</b></p>	<p><b>DO YOU EVER FEEL FRUSTRATED?</b></p> <p><b>Y/N</b></p>
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**ANSWER YES OR NO TO EACH - THEN GO TO NEXT PAGE**

# RESULTS OF TEST



<b>4 YES'</b>  Very emotionally insecure	<b>3 YES'</b>  Medium emotionally insecure	<b>2 YES'</b>  Average emotionally insecure	<b>1 YES</b>  Low emotionally insecure
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DO YOU WANT TO CHANGE THIS? YES - SEE NEXT PAGE. NO - QUIT HERE.

# THE CAUSE OF EACH INSECURE TRIGGER



**Feeling rejected comes from wanting to be accepted.**

**The degree of emotional reaction to rejection multiplies by the degree of needing acceptance.**

**Feeling hurt comes from wanting to be right.**

**The degree of emotional reaction to hurt multiplies by the degree of our attachment to our expectations being right, in other words judgements.**

**Feeling angry comes from wanting to be at peace.**

**The degree of emotional reaction to anger multiplies by the degree of our desire not to be interrupted in our process to get what we want, how we want..**

**Feeling frustrated comes from wanting to be somewhere else.**

**The degree of emotional reaction to frustration multiplies by the degree of lack of appreciation for what we've got.**

**OR CHOOSE THIS SET**

# TO REDUCE YOUR EMOTIONAL INSECURITY

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## REJECTION.

Try using the idea of balance, to help stop putting people on pedestals.

Quote "you are better than no-one and no-one is better than you"

## HURT.

Try using the idea of balanced thinking, not righteousness (right or wrong) in your thinking.

Quote "The greatest enemy to human souls is self-righteousness"

## ANGRY.

Try recognising that ideas and you grow at the border or support and challenge. Hence welcome obstacles.

Quote "Anger is like drinking poison thinking it'll Mae someone else ill"

## FRUSTRATION.

Try using the idea of balanced thinking, not righteousness (right or wrong) in your thinking.

Quote "The greatest enemy to human souls is self-righteousness"

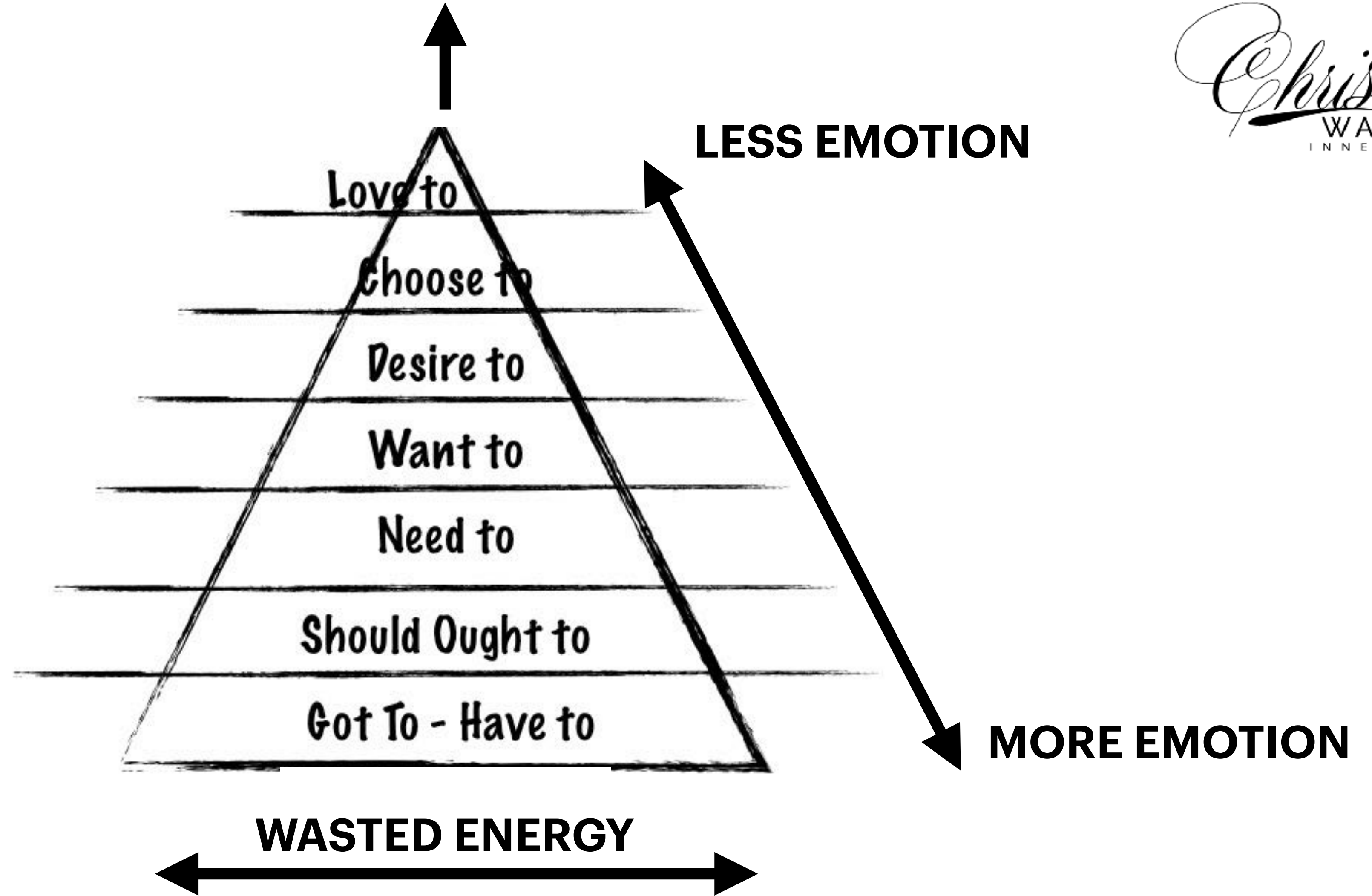
# EMOTIONAL SECRITY PRACTICE ZEN - STILLNESS

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**CHOOSE YOUR TARGET**



**LESS EMOTION**

**MORE EMOTION**

**WASTED ENERGY**

# EMOTIONAL SECURITY BULLET PROOF YOUR ATTITUDE CREATE STRUCTURES



## Evolving Business Partnerships



**CHRIS WALKER**



# Prevent Distractions - Balance your life



**DON'T GET  
DISTRACTED**



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