

Exercise - Expressing Mantras

Love and Hate

Before taking a look at the various dimensions, a good place to start is to explore the various ways you can express LOVE and HATE.

Love

Adore

Enjoy

Hate

Loathe

Despise

1. The head trash; the idea or the concept of it

_____ is a **wonderful** thing

_____ is a **terrible** thing

What other ways could you express the opposite emotional extremes? List some ideas here;

Wonderful

Terrible

2. Your personal experience of it; you experiencing the head trash

I love, adore and enjoy _____

I hate and despise _____

What other ways could you express the opposite emotional extremes? List some ideas here;

Love

Hate

3. Other people being affected by the head trash

I love **other people** _____ [being/doing/experiencing the head trash]

I hate and despise **other people** _____ [being/doing/experiencing the head trash]

Other people experiencing the head trash can be expressed in lots of ways, and depending on what you're working on, it may be appropriate to express this aspect differently. For example:

- I love knowing that other people experience anger
- I love seeing other people being angry
- I love being surrounded by angry people

What other ways could you express the idea of other people experiencing the head trash?
List some ideas here;

4. When you make other people experience the head trash (to others)

I love and adore making other people _____ [experience the head trash]

I hate and despise making other people _____ [experience the head trash]

There are different levels and aspects within this dimension that are worth stating, after all it's possible to make someone else experience something by accident or deliberately, just as it's possible to *encourage* or *support* them in experiencing something. For example;

- Me *deliberately* making someone else angry: by knowingly damaging their property, by being rude to their face,
- Me *accidentally* making someone else angry: by being late, by unwittingly saying something they don't agree with
- Me *encouraging* someone to stay angry: by reminding them of why they're angry and reinforcing their view, by saying something that I know will re-ignite their anger

What other ways could you express the idea of you making other people experience the head trash? List some ideas here;

5. When other people or situations make you experience the head trash (from others)

I love other people (or events and things) making me _____ [experience the head trash]

I hate and despise other people (events and things) making me _____ [experience the head trash]

This dimension is when we are made to feel something because of something external to us: someone else, a situation or a circumstance; It's outside of our control.

What other ways could you express the idea of you experiencing the head trash because of an external factor? List some ideas here;