

1. Lack of Control

Lack of self control is when one lacks restraint over their own behaviour, and may have an awareness of their own destructive tendencies or abilities. *His spending was out control; She lost control over herself and slapped him.* **Lack of control over circumstances** is a feeling of losing ground, or being unable to control or change what is happening. A feeling that someone or something else determines your course.

Inherited from Mother, from Father, from 8x Great-grandfather. Also released for Scarlett.

2. Panic

A sudden, overwhelming fear that produces hysterical behaviour, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

Inherited from Father, from his Father, from 12x Great-grandfather. Also released for Max.

3. Abandonment

Physical abandonment is having been left alone, left behind or deserted (this is the type of abandonment that we most often see in childhood). **Emotional abandonment** is having been given up on, withdrawn from, separated from or emotionally deserted. A feeling of being “left behind” in a non-physical form. This can also apply to *financial* abandonment.

Inherited from Father, from his Father, from 12x Great-grandfather. Also released for Max.

4. Anger

A strong displeasure and hostility, usually aroused by a real or supposed wrong. Anger can be generated when we feel threatened, or as a cover-up when we are hurt, afraid or in denial.

Inherited from Mother, from her Mother, from 9x Great-grandmother. Also released for Scarlett.

5. Frustration

Feeling exasperated, harassed or vexed. Feeling stuck or unable to progress; blocked from causing a change or achieving an objective or goal.

Inherited from Father, from Father, from 12x Great-grandfather. Also released for Max.