

*"There are trapped emotions in Sara relating to Shay that are triggering unresolved childhood feelings."*

### 1. **Vulnerability**

Feeling susceptible to harm, either emotional or physical; unsafe; unstable.

Inherited from Father and his Mother.

### 2. **Betrayal**

To feel ***betrayed*** is to have your trust broken, to be deserted or hurt by a trusted one.

Inherited from Mother, from her Father, from 7x Great-grandfather. Also released for Ariel and Elle.

### 3. **Fear**

A strongly distressing emotion aroused by impending danger, evil or pain; the threat may be real or imagined.

Inherited from Mother, from her Mother, from 8x Great-grandmother. Also released for Sharon.

### 4. **Taken for granted**

Feels treated with careless indifference; not given thanks or for something accomplished, similar to ignored. Taken advantage of.

5. ***Emotional abandonment*** is having been given up on, withdrawn from, separated from or emotionally deserted.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.

### 6. **Frustration**

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

### 7. **Effort Unreceived**

When one's work, achievement or endeavours are not accepted or recognised. When one's best effort is not considered good enough. A feeling of being unappreciated. Not feeling approved of or validated.

Inherited from Mother, from her Mother, from 8x Great-grandmother. Also released for Yaniv.