

## INTELLIGENT RESPONSES to LOW ENERGY & DEPRESSION



**VITALITY** means **EXPRESSION of the LIFE-FORCE'** (vital energy).

The word 'vitality' is derived from the Latin word *vita* meaning 'life'. 'Life' is recognized through dynamic self-experience & dynamic self-expression [dynamic energy movement] which is both internal and external.

**CIRCLE ANY OF THE ITEMS BELOW THAT COULD BE SIGNIFICANT IN YOUR LIFE RIGHT NOW!**

### Opportunities to Raise Vitality...

Better Diet, More Exercise, [Stress-Resilience](#), [Goals & Aspirations](#), [Motivation](#), [Meaning & Purpose](#), [Nourishing relationships](#), [Self-actualisation](#), [Positive thinking](#), [Self-expression](#), [Self-confidence](#), [Self-development](#), [Self-esteem enhancement](#). [Wellbeing Drumming](#), [Holistic Circle Dance](#), [Loving Touch](#).

### Clear Blocks to Vitality...

[Tension](#), [Self-deadening](#), [Held-onto emotions](#), [Paranoia](#), [Rigidity/Stubbornness](#), Inadequate rest & sleep, [Trauma survival](#) modes: [PTSD](#), [Inner/Outer fragmentation](#), [Soul-loss](#) & [Self-abandonment](#), [Mind-made sense of self](#).

### Remove Drains to Vitality...

Control 'dramas', Worry, [Hypervigilance](#), , [Practical ineffectiveness](#), [Inner-splits](#), Inner & Outer [Conflict](#), [Self-sabotage](#), Self-injunctions, Energy-scattering, [Obsession](#) & OCD, Playing God!, taking responsibility for things/people over which you have no control. See also: [BURNOUT](#).

Cravings & Addictions: especially Dependency/Victimhood, Co-dependency, Drama-addiction, Stress-addiction.

### Vitality Resistance...

Depression [see below], Negativity-addiction, Victimhood, Drama-addiction, Masochism, Hostility & Aggression, Guilt & Shame, Procrastination, Fear of the past repeating itself, Dissociation [splitting-off], Pride & Arrogance, Mental health issues such as denial, distortion, displacement, projection, suppression, repression, fantasy-addiction.

## VICTIMHOOD & DEFECTIVE SELF-NURTURING

**If you plant rice, rice grows! - If you plant fear, fear grows! - Fear creates the Victim!"** [Caine]

**"What counts is not the hand you have been dealt, but the way you play Your cards!"** [Anon]

**"Choose to heal your wounds, rather than pick at them!"** [Stuart McCartney]

## HEALING VICTIMHOOD & DEFECTIVE SELF-NURTURING

Many of us choose self-comforting [our suffering] when we could more usefully choose self-nurturing - in order to fulfil our personal potential for health, fulfilment & wellbeing!

The problem is that You may have lacked good role models or dedicated and skilled carers in childhood, or suffered trauma, in which case You have some hard-wired "survival programming" to overcome if You are to achieve Your full potential in life. See [Cathartic Healing](#) or contact your tutor [see below] for details of 1-to-1 confidential coaching/healing sessions if You would like to do more.

