

Accountability

Module 2: Part 3

ACCOUNTABILITY *WORKS.*

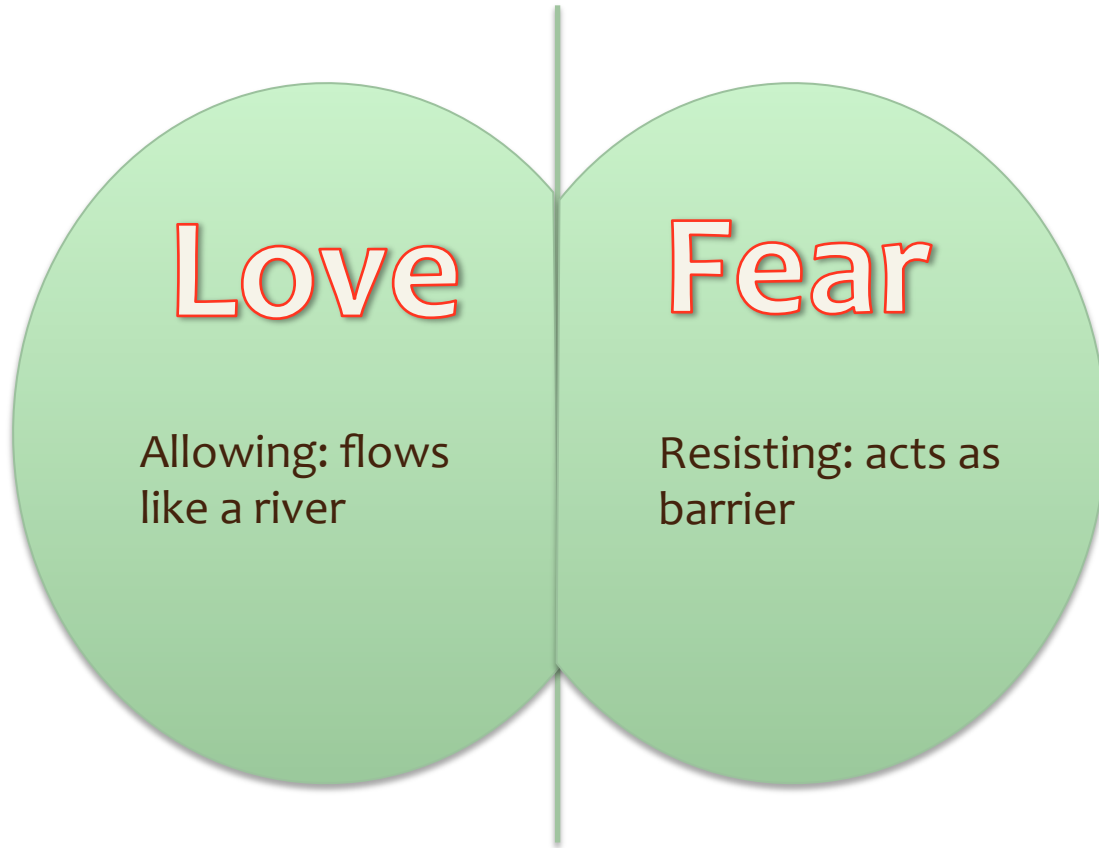
Fear is...

- False evidence appearing real
- A barrier or resistance
- An emotion

Emotions: What are they?

- Definition: An emotion is defined as a **natural instinctive state of mind** deriving from one's circumstances, mood, or relationships with others.
- Your guidance system. They are more subtle than your 5 senses. Emotions are vibration.
- We are either in alignment (Love) or in resistance (Fear).
- We focus on the 2 main emotions Love and Fear.

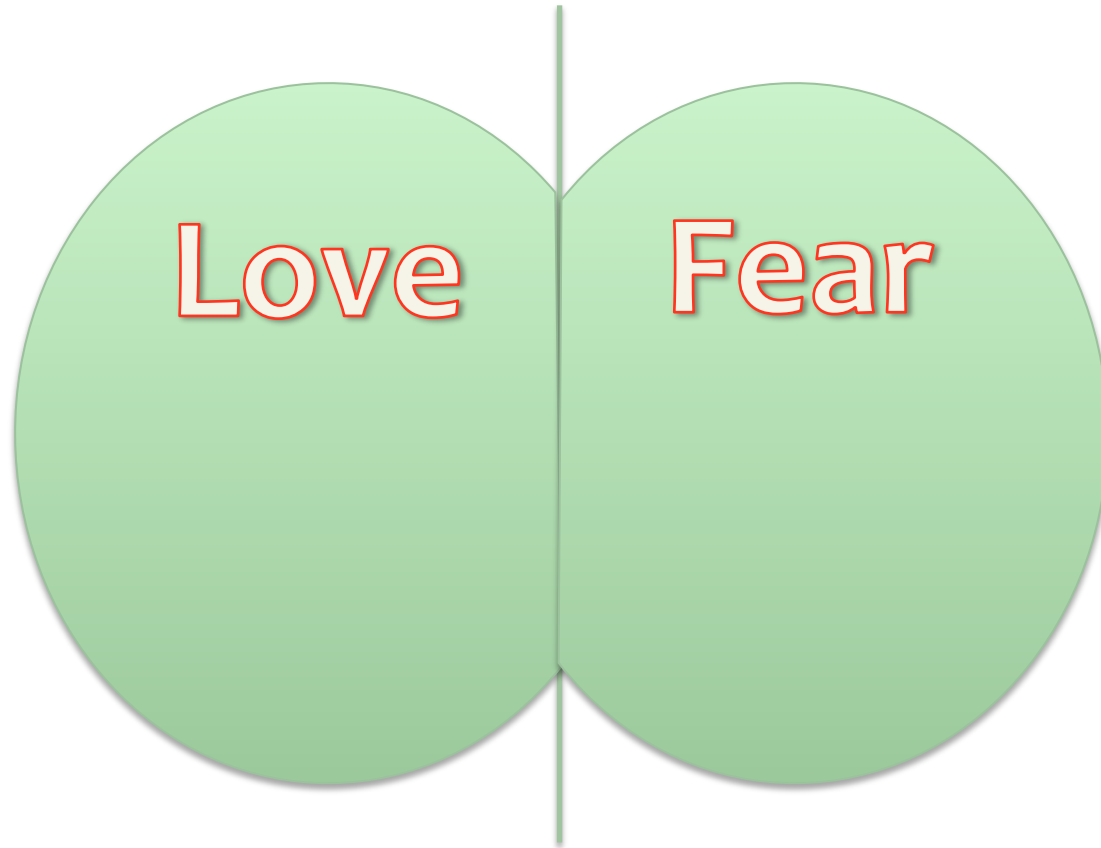
Emotions



From Emotion to Reality

- Your emotions generate your feelings
- Your feelings organize your thoughts
- Your thoughts create your words
- Your words lead to your behavior
- Your behavior creates your reality

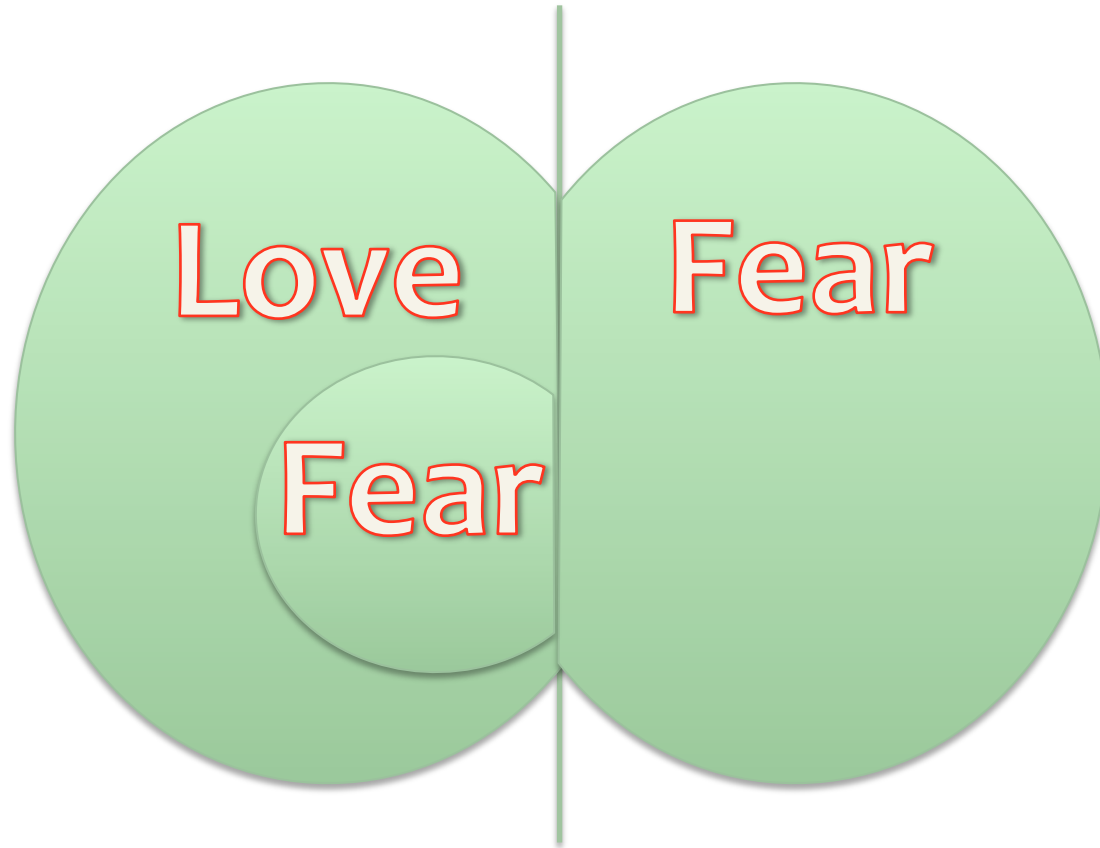
Feelings



Feelings & Fear

- Sadness is a form of guilt
- Guilt is fear of the past or an unwillingness to change
- Anger a need for intimacy without permission, fear of the future, or an unmet expectation
- Hate is fear of becoming that which you have judged
- Jealousy is fear of losing love
- Resentment is fear of being unnoticed or that you don't matter
- Boredom is fear of being alone
- Depression is suppressed anger
- Overwhelm is avoiding something, unwilling to see/tell the truth

What you need to know about fear



Contempt/Respect

- Love can hold fear – it will process
- Fear cannot hold love – it is the absence of love, it is an illusion
- The first interface of love is respect
- The first interface of fear is contempt
- What is respect – action taken from love
- What is contempt – action taken from fear

Contempt/Respect continued

- If you have an appointment with someone you respect will you be on time?
- If you have an appointment with someone you don't like and you are 10 minutes late, what are you communicating?
- What about in you? What happens if you say you are going to do something and you don't do it? You will experience self-contempt.
- In every experience you will have either an experience of self-respect or self-contempt.

Respect/Love		Contempt/Fear
Expression of Love Safe Sex	Sex	Rape Power
Life Saving	Drugs	Addiction
Nourishing Healthy	Food	Disease Abuse

The Payoffs

- You can take action from love = respect or action from fear=contempt.
- But why take action from fear? There are payoffs.
- What is the payoff for...
 - Anger is control
 - Hate you don't have to confront yourself
 - Jealousy you get to be unfulfilled
 - Depression you don't have to deal with your anger

To Process is To Confront Fear

- Why don't we confront?
 - We don't want to hurt other people's feelings
 - We are afraid of what might happen
 - We don't know how
 - The other person must know or should know and why should I have to be the one
 - We are afraid of becoming aggressive
 - We don't know that we can
 - We are waiting for the right time

Transforming Fear to Love

- Fear → Excitement
- Anger → Determination
- Hate → Tolerance/Acceptance
- Guilt → Gratitude
- Boredom → Contribution

The Purpose of Accountability

- Accountability reveals FEAR
- We then have a choice as to how we want to proceed.
- If we choose to confront our FEAR we will expand, if we choose not to confront our FEAR we will stay in our current reality.
- When you are in that place of not knowing you are in a state of personal revelation.
- The purpose of Accountability is Revelation