

# FLIGHT LIST

If anything on this list has become ignited or excessive in your life,  
this is a sign that you're resisting /repressing your emotions

**Directed at Others**

Blaming

**Shutting Down**

Getting Confused

**Getting Busy**

Watching TV

**Over Compensating**

Seeking Approval

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**Affects Your Personality**

Assuming

**Internal Conflict**

Anticipating

**Physical**

Coughing

**Forms of Resistance**

Ignoring It/Denial

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**THIS IS WHAT WE DO RATHER THAN ALLOWING OURSELVES TO FEEL**