

## Reactive Emotions

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One emotion can 'switch off' another. This can inhibit adequate and appropriate expression of our feelings. We frequently avoid an emotion by 'substituting' another. This technique frequently comes up for correction in a HITW Balance (note 1). The finger mode is easy to learn so you can begin to use this technique before you take the HITW. (The South Pacific "Health and Integration Tutor's Workshop")

**Mode:** Thumb pad to ring finger pad with hand over head. We call thumb to ring finger the emotional digital determinator. (EmDD)

### Testing:

1. Put the 'reactive emotion mode' in circuit. Indicator Muscle (IM) weak if condition present.
2. Find strong reactor emotional - Go through the 5-Element or Behavioral Barometer. It will strengthen the weak IM. Find out if it is "to self" or "to others".
3. Put that information in the testee's circuit. It will be a strong IM.
4. Test the other emotions to find which are being switched off.

### Correction:

1. Take strong reactor emotion out of circuit.
2. Tap the beginning of reactor meridian as person does eye rotations.

3. Recheck IM + "that emotion". IM should now test weak.
4. Put "that emotion" back in person circuit with the weak IM.
5. Muscle test the "previously reactive emotions". They probably will still test weak.
6. Person Temporal Taps (+ Em DD) saying, "I allow myself to feel ..." Check if the IM is strong; then move on to next emotion affected.
7. Take everything out of circuit.
8. Recheck the emotional mode.

### Reminders of the Five Element Emotions:

Central -overwhelm/successful

Governing - unsupported/supported

Fire - love (SI and Ht) hate (TW and Cx)

Earth - empathy, sympathy

Metal - grief, guilt, regret

Water - fear, anxiety

Wood - anger, rage

### Note:

1. HITW uses 120 easily learned fingermodes to make all corrections by priority.