

## SPECIFIC EMOTIONS AND ISSUES IN LIFE - AND THEIR SOLUTIONS A CONTENTS, LINKS DIRECTORY

(Link to share: [Specific Emotions And Issues In Life - And Their Solutions- A Contents, Links Directory](#))

Note that many of these are **based on fictional fears** and **dysfunctional responses** to those discomforts.

You should realize that most of these are fear-based emotions (anger, shame, anxiety, etc.) and that unravelling the false fear beliefs is the master key to dissolving the rest. See also the List, Contents, And Links For Specific Beliefs Use the search engine to find anything that might not be listed below. (From this list, you'd identify the top 5 or 10 and resolve those asap, using the tools in [The Beliefs Processing Forms](#) and [Psychological Problem Solving Forms - Working Out What Works Better](#).

### THE LINKS TO THE DISCUSSIONS, BY SPECIFIC ITEMS

The positive ones are bolded below. All emotions/issues are based on beliefs, so see that list also: [List, Contents, And Solutions For Specific Beliefs - Examples, Corrections, Etc.](#)

[Addictions](#)

[Anger](#)

[Anxiety And The Anxiety Cure](#)

[Boredom](#)

[Comfort, The Illusion Of](#)

[Compassion](#) (See also sympathy, empathy)

**[Confidence](#)**

[Confusion](#)

[Death](#)

[Depression](#) See also [Self Esteem](#) .

[Success stories](#)

[Chemicals/Medicines To Reduce](#)

[What To Do In The Moment When I](#)

[Am Depressed](#)

[Discomfort, Handling](#)

[Discouragement](#)

[Doubt, self](#)

Down

[Getting "up"](#)

**[Enjoyment](#)**

[Enough, Not Having](#)

[Failure \(and mistakes, defeats\)](#)

[Fear](#)

[Notice: Nothing Happened](#)

Feelings -Technically these are “sensations” in the body, but they get mixed in with “emotions. This is a big area. Some things to help get this area started:

[Feeling Good Vs. Feeling Bad - Creating The Biggest Net Feel Good](#)

[Live A Life Dictated By Feelings...Or Not?](#)

[Feelings, Contents, Links Directory](#)

**[Freedom](#)**, attaining it

[Frustration Tolerance Level - Increasing It And/Or Lowering Your Frustration](#)

[Good Enough, I Am Not...](#)

[Grieving](#)

[Guilt and shame](#)

[Habits](#)

[Hate](#)

[High, Being on a](#)

**[Hope](#)**

[Hurried, Rushed, Overwhelmed](#)

[Hurt](#)

[Hyperventilation](#) - See also panic

[Impatience](#)

**[Inspiration](#)**

[Loneliness](#)

[Loss](#)

[Mistakes, failures, and defeats](#)

[Mood management](#)

[Obsessive Thought](#)

**[Outcome, Detachment To](#)**

[Overwhelm](#)

[Pain, emotional](#)

[Panic](#) - See also hyperventilation

[Past](#)

**[Peace of mind](#)**

**[Safety](#)**

[Perfection](#)

[Rage](#)

[Rageful Envy - Barbara](#)

[Rejection](#)

[Resentment](#)

[Resistance](#)

**[Rewarding oneself](#)**

[Rushed](#)

[Sadness](#)

**[Safe, I Am](#)**

[Safety, Certainty, Confidence, Contents, Links Directory](#)

[Safe Always; I Give Up Control Of](#)

[What Is Uncontrollable](#)

[Affirmations And Declarations](#)

[What I Can Cause In My Life](#)  
[Why I Am Virtually Always OK](#)  
[I Am Invincible](#)

[Self-Criticism](#)

[Self-Doubt](#)

[Self-Esteem](#)

[Self-Hate](#)

[Self-Sabotage](#)

[Serenity](#)

[Shame](#)

[Social Anxiety](#)

[Sympathy](#)

[Sympathy, Empathy, Compassion](#)

[Suffering, struggle](#)

[Up - Creating Up](#)

[Upset](#)

[Vengeance, Getting "Even"](#)

[Worthy, Am I...?](#)

[Worry](#)