

TIP OF THE
ICEBERG

Emotional response
consistent with
current issue.

BELOW THE
SURFACE

The current issue
automatically
triggers an internal
search for similar
unresolved
emotional
memories/ issues,
which are then
downloaded into
the present. Once
the old memories
are downloaded, the
full energy stored in
those memories
comes to life in the
present.



100% EMOTION

In an attempt for
the heart to
resolve/ heal the
emotional issues of
the *present* *and*
similar emotional
issues of the *past*,
the full [100%] of
emotional energy is
expressed in a
situation where
others are not
aware that much of
the emotion is due
to hidden
unresolved
emotional
memories/ issues.
This response
usually causes more
harm than good.

**WE ALL HAVE
HIDDEN ICEBERGS
OF EMOTIONAL
MEMORIES BURIED
JUST BENEATH THE
SURFACE OF OUR
CONSCIOUS
AWARENESS.**

**IT'S IMPORTANT
THAT THESE PAINFUL
MEMORIES ARE
UNCOVERED, SO
THAT HEALING CAN
BEGIN.**

ADAPTATION FROM LOVE HABITS BY MARCI BELL, MA, LPC

FAULTY
INTERNALIZED
BELIEFS (FIBs)
SUBCONSCIOUSLY
DRIVE THOUGHTS,
FEELINGS, AND
CHOICES IN LIFE.

FIBs ARE AT THE
HEART OF EVERY
SELF-FULFILLING
PROPHECY.

