



BioMorphic Geometry™ (BMG™) Numeric Algorithms for Emotions

Recite the numeric algorithm **OUT LOUD**, at least 12 repetitions, each time you use it.

Fear/Anticipatory Anxiety:

161910191649

Ego/Control, Misunderstood (Anger):

491010491610

Sadness/Separation/The Void (Grief):

191410161649161416

Feeling Embarrassed/Unworthy/Second-guessing oneself (Guilt):

19101414141416

We encourage you to share these algorithms to help others. However, we ask that you give appropriate credit for their source. The Way To Balance, LLC and its Founders, Aaron and Sue Singleton. www.TheWayToBalance.com. See YouTube video for more information on effective usage.

Fear/Anxiety/Overwhelm/Panic

Hopelessness, Panic, Stress, Inner Tension, Fear of Change, Fear of Unknown, Terror, Phobias, Paranoid, Apprehensive, Anxious, Timid, Shy, Scared, Easily Alarmed/Startled, Feeling a sense of Dread, Worry, Uncertain, Anticipatory Anxiety, Unsafe, Guarded, operating on Chaos & Crisis Management, Obsessive-Compulsive, Aversions, etc.

Anger/Resentment/Frustration/Control

Judgment, Rage, Impatience, Irritation, Feeling Misunderstood, Hostile, Indignation, Disappointment, Bitter, Irritable, Unsympathetic or Rigid, Obsessive, Phobic and Mistrustful, Hypersensitive, Greedy, Envious, Defensive, Vengeful, Arrogant, Egotistical, Over-critical, Abusive, Harsh in Words and Deeds, Passive-Aggressive, Unforgiving, Manipulative, Controlling, Inflexible, Overly-Opinionated, Inflexible, Stubborn, Quick to Anger, Aversions, etc.

Sadness/Loss/Grief/Longing

Empty, Lonely, Separation, Isolation, Not Belonging, Abandonment (Physical or Spiritual), Void, Disappointment or Let Down, Depressed, Despondent, Anguished, Melancholy, in Despair, Unhappy, Unfulfilled, Devoid of Feelings, Unwanted, Unloved, Unlovable, etc.

Guilt/Shame/Remorse/Responsibility

Regrets, Duty, Feeling Undeserving/Unworthy, Feeling Blamed, Ashamed, Humiliated, Embarrassed, Second-Guessing One's Self for Past Actions, Self-Reproach, Dishonorable, Improper, Ridiculous, Disgrace, Overly Responsible, Self-Blame, etc.