

THE MORNING BLUES – *WHY?*

INTERNALIZED CRITIC¹

¹By definition, this exists at an unconscious level

+

TRIGGERING EVENT

(e.g. facing the tasks of the day or recovering from the self doubt of the night)

OVERWHELMING FEELING OF INADEQUACY

usually masked (at the cost of tremendous psychic energy)
but easily triggered by seemingly innocuous daily events, actions of other people,
or extremely demanding expectations of self

DEPRESSION, IMMOBILIZATION

WHAT HELPS:

Accomplishment

of *any task*, no matter how trivial

OR

Affirmation

Positive responsiveness by a credible source who conveys, "I love that you're here!" Steering into the skid.

RECONNECTION WITH SENSE OF ADEQUACY

PSYCHIC ENERGY IS FREED UP TO BE APPLIED TO AMBITIONS AND GOALS RATHER THAN TO INTERNAL DAMAGE CONTROL