

# STRESS: 9 Ways I Can Cause Negative Stress for Myself

## POSITIVE AND NEGATIVE STRESS

First of all, you must understand that stress is basic to life and is NOT to be avoided or hated. All movement requires stress. All the actions of living require stress. Stress is directed energy, that is, energy with a target or goal. It is a law of nature that all stress will be worked out one way or another. Therefore, it behooves you to make sure your stress can be worked out in a healthy and helpful way. For instance, disease, high blood pressure, ulcers, headaches, lowered immune system, frustration, crooked anger, conflict, abuse, discouragement, and addiction are just some of the ways that stress energy can be worked out if the original target or goal is NOT achievable.

The problem is NOT stress, but negative stress. There are actually 5 kinds of stress: forward movement, slight forward movement, stuck or no movement, slight backward movement, backward movement. Simply, positive stress exists when you are making progress on any goal or work. And negative stress exists when you cannot make progress on either a goal or some kind of work.

## MY NEGATIVE STRESS CAUSES

While there is overlap between the causes listed below, there are also differences that make the divisions useful and instructive.

1. **NOTING:** When you don't, shouldn't, etc., you make an impossible task for yourself. Noting is a problem because you cannot not. There is no way to do a not. Hence, you cannot make progress on a not. Hence, nots cause negative stress when they are used for direction or action rather than for definition or simple statement of fact.
2. **LACK OF ACCEPTANCE:** When you do NOT accept things as they are, you are in conflict with what is. Since you cannot change what is, you cannot make progress. Since you cannot make progress, you have negative stress.
3. **TRYING TO CONTROL WHAT YOU CANNOT CONTROL:** When you try to control what you cannot control, for instance, another person's attitude, you cannot make progress. Since you cannot make progress, you have negative stress.
4. **TRYING TO STOP WHAT IS:** When you think things must NOT be the way they are and so try to stop what is, you are in a no-win situation. Since you cannot win or make progress on stopping reality, you have negative stress.
5. **DEMANDING THINGS CHANGE:** When you are insisting that things change from what they are, you put yourself at odds with life. You may think, "I am right and it is wrong so it must change." However, just because it should be does not mean it must be. Since you cannot make life be your way, you have negative stress for your lack of progress.
6. **TRYING TO CONTINUE EXPERIENCE:** When you desire some experience to continue, you are going to be thwarted because you are not God and cannot control experience. Due to your focus on trying to continue your pleasure, even the original pleasure that you were having will be lost. This is why some have said that awareness of pleasure is loss of pleasure. Hence, you are not only not making progress, you are going backwards so have negative stress.
7. **TRYING TO DENY EXPERIENCE:** When you try to deny reality, you are obviously in a losing battle. No amount of suppression or repression can change the facts. Hence, you will have negative stress for your ultimate lack of progress.
8. **TRYING TO REFRAME EXPERIENCE:** When you try to reframe experience into something other than what it was or is, you are only kidding yourself. Deep down you know it is just lying, distorting, excusing, rationalizing, sentimentality, idolatry, or confabulating. Hence, you are not making progress so have negative stress.
9. **TRYING TO PUNISH EXPERIENCE:** When you try to punish experience in order to teach it a lesson, the only one who gets punished is you. Hence, you have negative stress for your lack of progress on trying to instruct reality.