

Paul Wong

**The Heart Wisdom Process
Beginner Practice Book**

Dealing With Difficult Personalities

3-Step HWP Technique: Dealing with the difficult people

1. Find relationship context that you feel stuck with expressing yourself or your boundary. Write down all your thoughts, feelings, beliefs, or any negativities

Rate each thought or feeling from 0-10. 0-peaceful, no stress. 10-most stress. Ex: He is abusive, manipulative, narcissistic, etc. I am afraid, angry, etc...

2. Set an intention to connect to the right side of the (physical) heart and ask the Subject 'I' to dissolve all thoughts, feelings, negativity by repeating 'I..I..I...etc.'. The right side of the heart organ is the center of the body if you look at it visually. The key is to repeat 'I' and hold the intention to connect to the greater universal intelligence asking for help to dissolve the thoughts, feelings, and any negativity that may arise in the process.

Another way is to imagine all the thoughts and feelings dissolving into the 'I' as you repeat in silence 'I...I...I...etc.'

As you continue to do the work, you notice different thoughts and feelings come up and arise as you repeat 'I'. Then, you repeat the steps 1-3 for all the new layers of thoughts and feelings.

3. Repeat the steps for all the thoughts and feelings until mind and body quiets and calms down. Then, you will start to experience silence and peace.

It is normal to experience physical and emotional releases such as sensations and discomforts. Apply for steps for any sensations and discomforts.

If you would like further assistance for learning the HWP for yourself or to help your clients --> [Click Here](#)

If you are dealing with **relationship expression challenges in your life** and would like a plan to deal with them via HWP Strategy Session, contact us —> [Click Here](#)

How to deal with difficult people?

Surface Programming



Deeper Programming



Deepest Programming

Dealing with difficult people can be due to multiple reasons. In the previous tele-series, we discussed working through relationship traumas and expressing boundaries. If your past traumas are not resolved, you are likely to attract a difficult person similar to that difficult person in the present. If you cannot express healthy boundaries to that person, you may encounter difficulties. This means that you need to work through subconscious resistance that blocks from expressing. Also, from the teachings of East, often times difficult people in our lives because they are here to teach us lessons of love. They will push your buttons and if you can transcend those triggers and buttons, then you will develop a higher capacity to love.

Look at the most immediately surface symptoms or triggers and start working through them. They will lead to deeper problems. If you continue to do this work, you will find emotions such as anxiety, frustration, anger, or stressors come to the surface. If you work through the thoughts and feelings connected, the surface issue dissolves. If you persist with this work and get to the deepest layers, you become conscious of unconscious beliefs such as 'I am not loved... I am not enough... I am not safe...etc.' They are connected to the sufferings and wounds of your own life, parents, ancestors, collective culture or nation held in the body subconsciously as unprocessed physical tension. Doing the process can permanently remove beliefs and deepest programmings. You will notice permanent changes when you experience the body releasing emotions, tears, having physical discomfort, etc. If this happens, stay present and observe. It is a very good sign that the body is letting go of old patterns. If you notice detoxing and you need further support, then contact an HWP Master Practitioner and you can guide you through the release process.

Not addressing the deepest programming of relationship problem can lead to bigger problems in life and they may be played out as low self-esteem, resentment, hatred, abuse, and even health issues such as high blood pressure, diabetes, chronic pain, etc. If the deepest causes are not resolved, then you start to break deep-seated repeated patterns.

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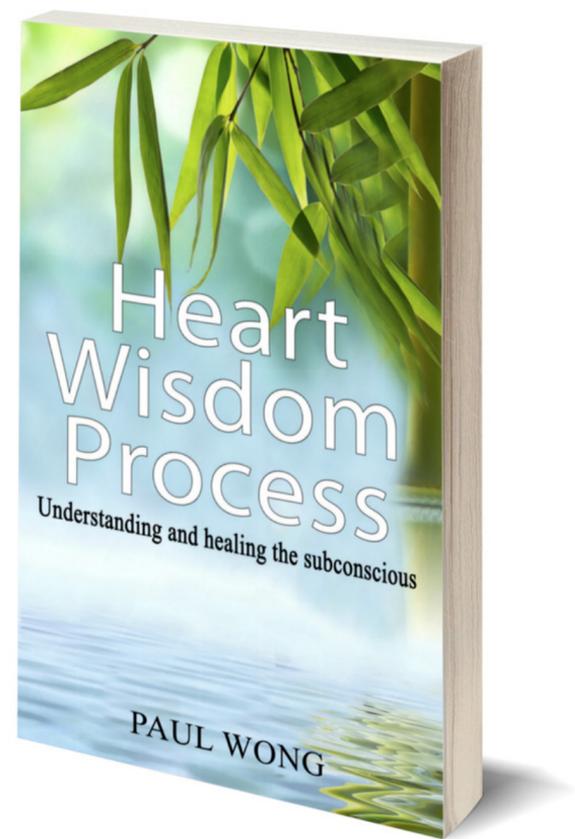
Deepest Programming

The nature of this work is to get you to *gently* confront your deepest programming. They may be deep forgotten resentments and unconscious insecurities. You must come to peace with them whether they are yours, parents, or ancestors. If you do resolve the old wounds permanently, you will not only help yourself and immediate family but also future generations held in the DNA.

To see if you are on-track, refer to the earlier tele-series, *How to Break Repeated Patterns*. Review the workbook for learning the 'Key Life Lessons.' If you mastered some or all of those key lessons, then you are not likely going to attract difficulty people or they don't seem to show up in life as they used to.

Heart Wisdom Process: Understanding and
Healing the Subconscious

Read the first TEN Chapter for Free
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To learn more: www.HeartWisdomProcess.com

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