

# What's behind my experience of hatred/dislike?

- Inauthentic fear
  - Reminded of a past event
  - Perceived threat
- The genius thing
  - Familiar - invokes "I know"
  - Recognize your own game
  - See the side of yourself you don't like
  - You hate when people do it and don't notice you do the same
- Standards and ideals
  - Judgment about deeds or characteristics
- Feel better by making others lower
- Scarcity
- Being right about something
- Secretly admiration and jealousy

## Questions to ask yourself

- What is it about this person that I think I detest, and what is my own flavor of that same thing?
- What, from the past, am I afraid will happen?
- What can I give up about this person? (fears, judgments, assessments)
- What possibility can I invent that might make a difference?
- How can I empathize with this person, separate from condoning or supporting their actions?

What's a new action or inaction for me to take?