

Las Tres Emociones



Existe en
nosotros una
zona
de chantaje



Nos rodea
una espesa
bruma de
emociones

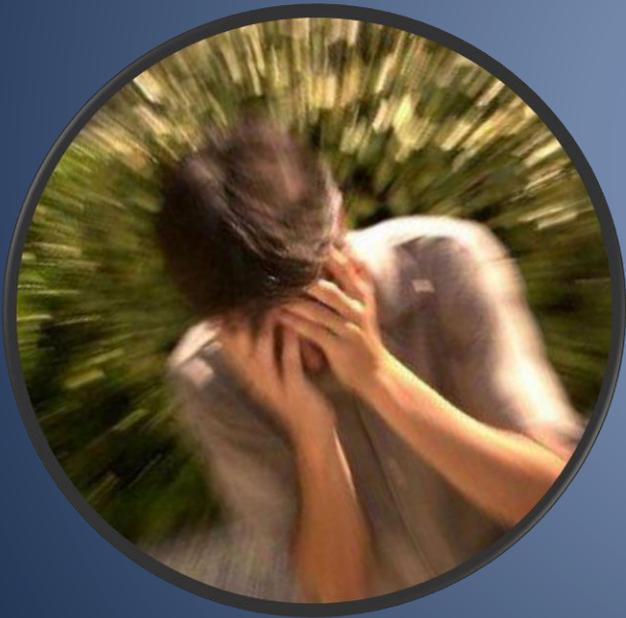


y perdemos
la capacidad
de pensar
con claridad

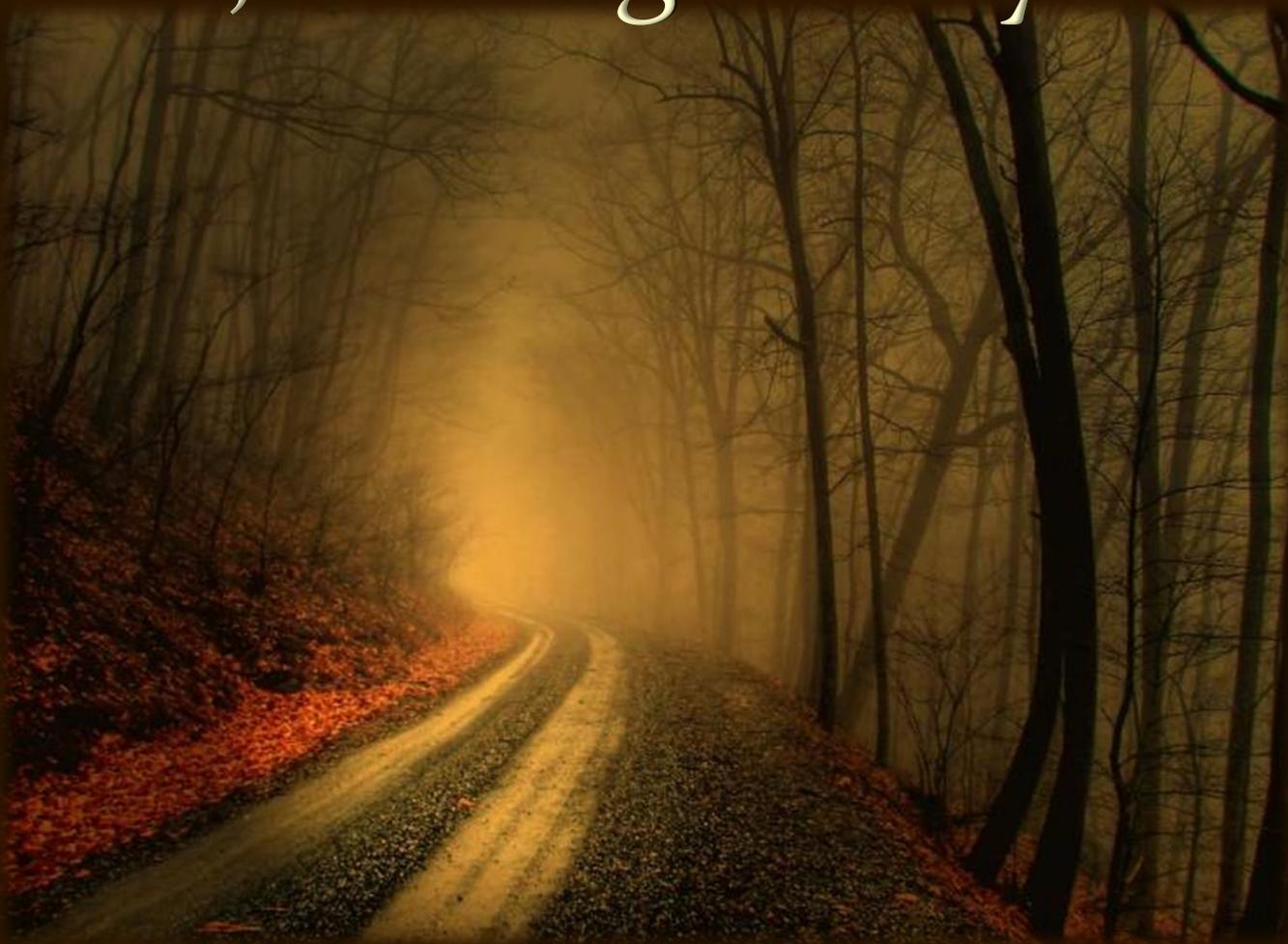


en lo que hace el
chantajista o en
nuestra respuesta;
nos bloqueamos

Nuestro
entendimiento
se vuelve
confuso



La Confusión representa
el miedo, la obligación y la culpa



A photograph of a dirt path winding through a forest of bare trees. The ground is covered in fallen leaves, and a soft, golden light filters through the misty air. The text 'El Miedo' is centered in a white, serif font.

El Miedo

A photograph of a dirt path winding through a forest of bare trees. The ground is covered in fallen leaves, and a bright, ethereal light emanates from the end of the path, creating a misty atmosphere. The top of the image features a decorative border with wavy lines in shades of purple, red, and brown.

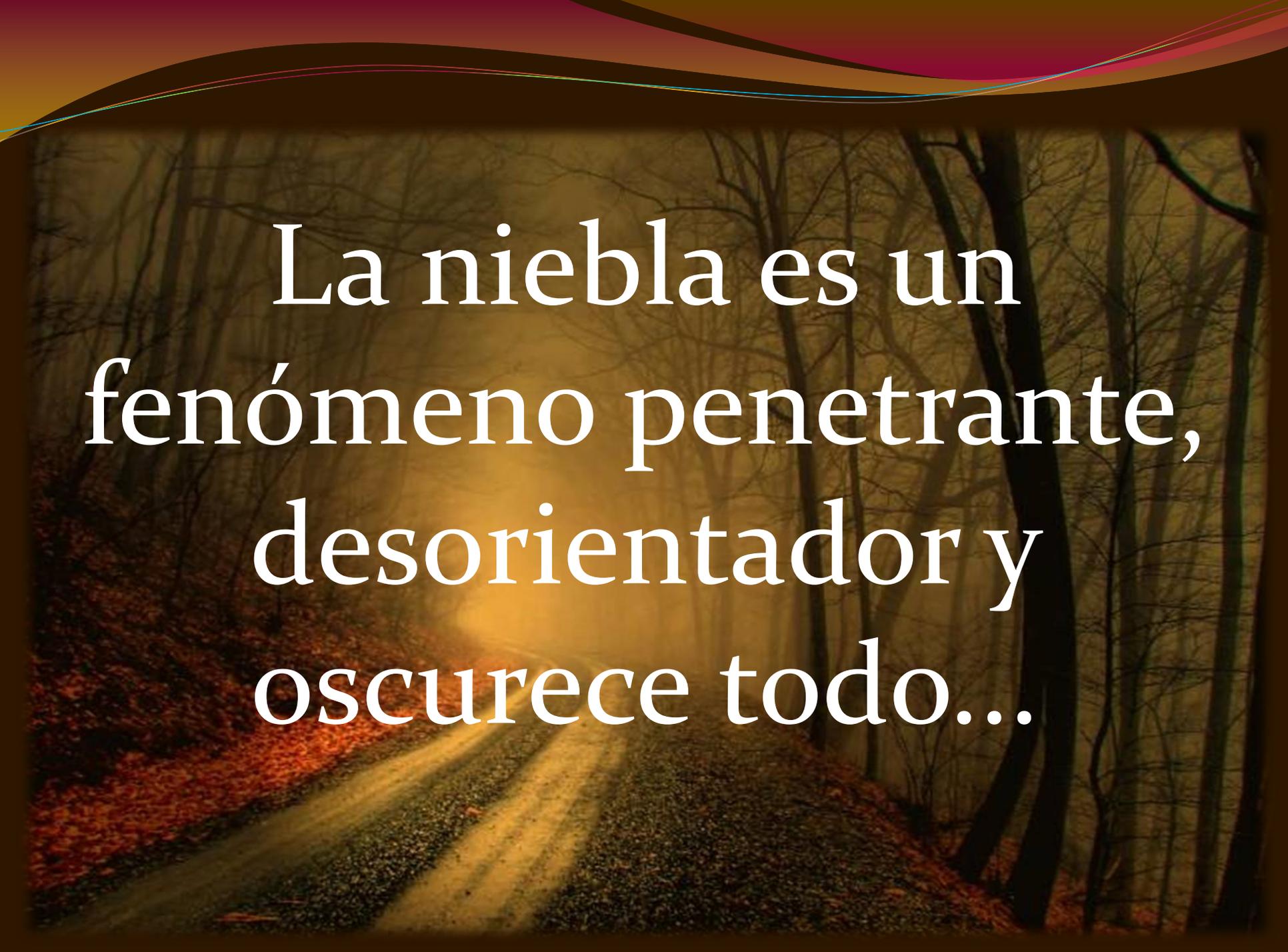
La Obligación

A photograph of a dirt path winding through a forest of bare trees. The path is covered in fallen leaves, and a bright, hazy light source is visible in the distance, creating a misty atmosphere. The top of the image has a decorative border with a gradient from purple to brown and thin, colorful lines.

La Culpa

A photograph of a dirt path winding through a forest. The path is covered with fallen autumn leaves in shades of orange, red, and brown. The trees are mostly bare, with some green foliage visible in the distance. The scene is misty or foggy, creating a soft, ethereal atmosphere. The lighting is warm, suggesting a sunrise or sunset. The text is overlaid on the image in a white, serif font.

Son estados emocionales
que el chantajista
pretenden
intensificar

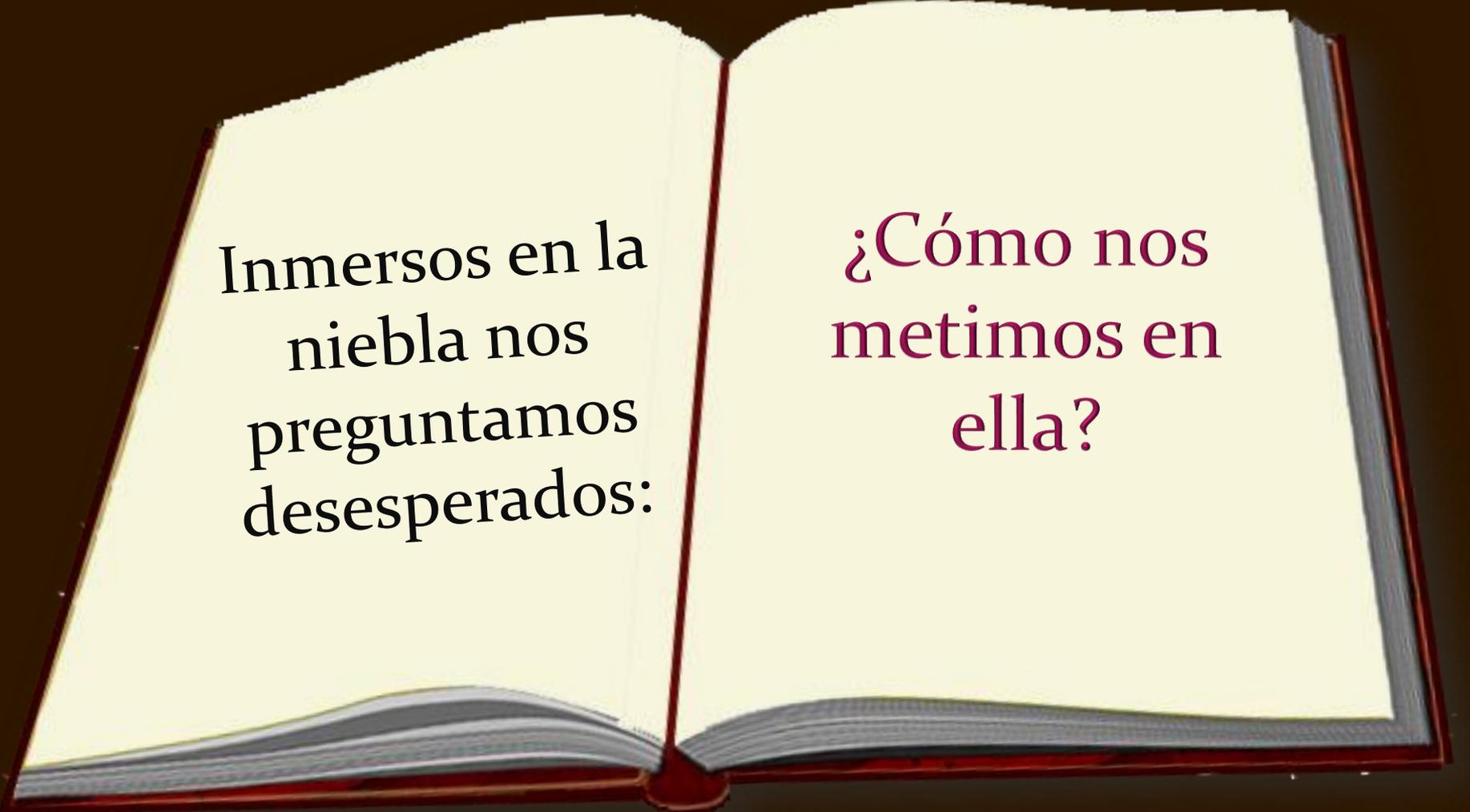
A photograph of a forest path covered in fallen leaves, with a bright sunburst effect breaking through the misty atmosphere. The path leads into a dense forest of bare trees. The overall mood is mysterious and atmospheric.

La niebla es un
fenómeno penetrante,
desorientador y
oscurece todo...

The background of the slide is a dark, atmospheric photograph of a landscape. It features several bare, leafless trees in the foreground and middle ground, their thin branches reaching upwards. The sky is filled with heavy, grey clouds, creating a somber and misty atmosphere. The overall color palette is muted, consisting of greys, blacks, and dark browns. At the top of the slide, there is a decorative header with a black background and several thin, curved lines in shades of red, orange, and yellow. The text is centered on the slide, with the word 'salvo' in black, 'el malestar palpitante' in a vibrant pink, and 'que produce.' in black.

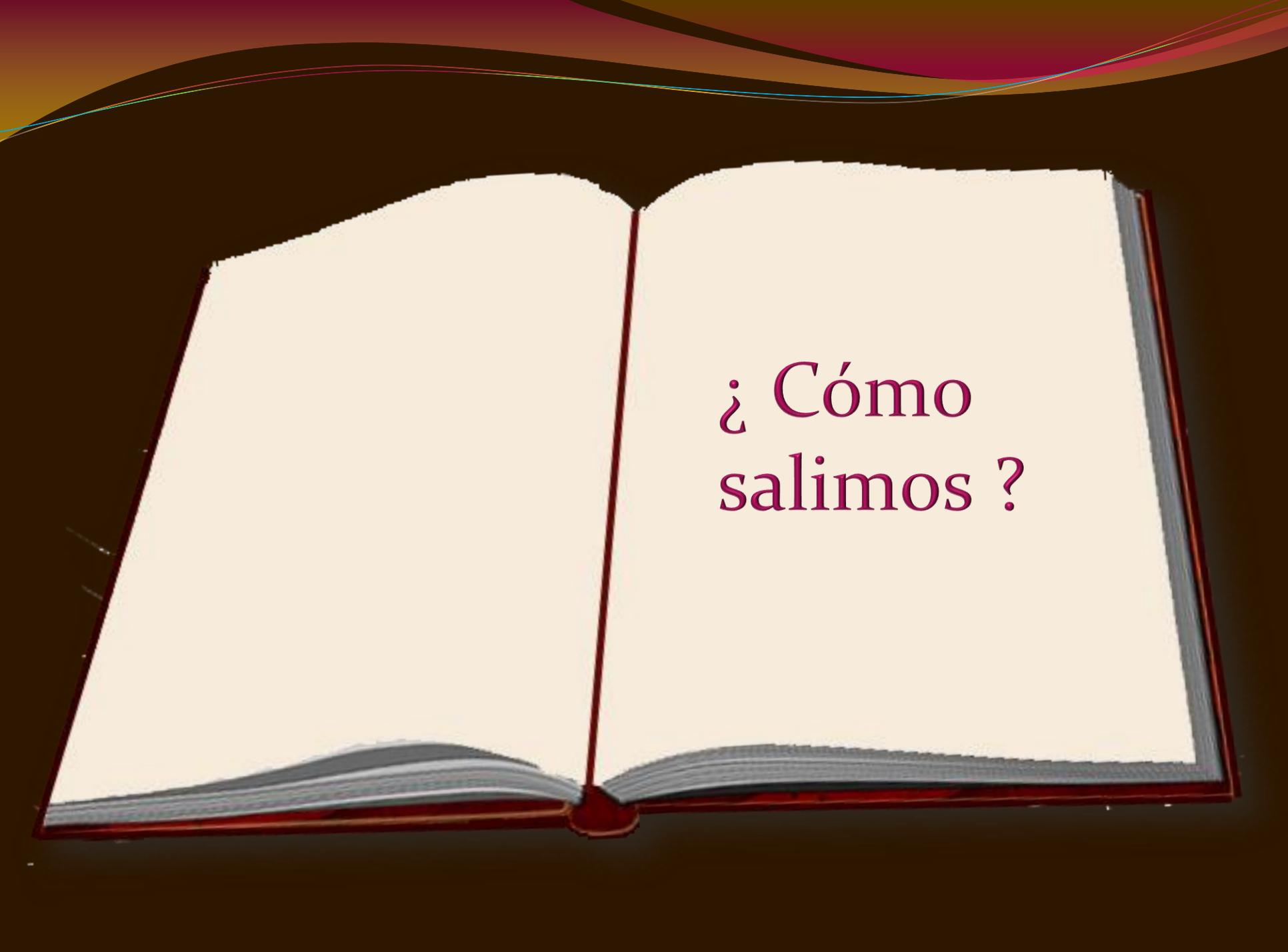
salvo

el malestar palpitante
que produce.

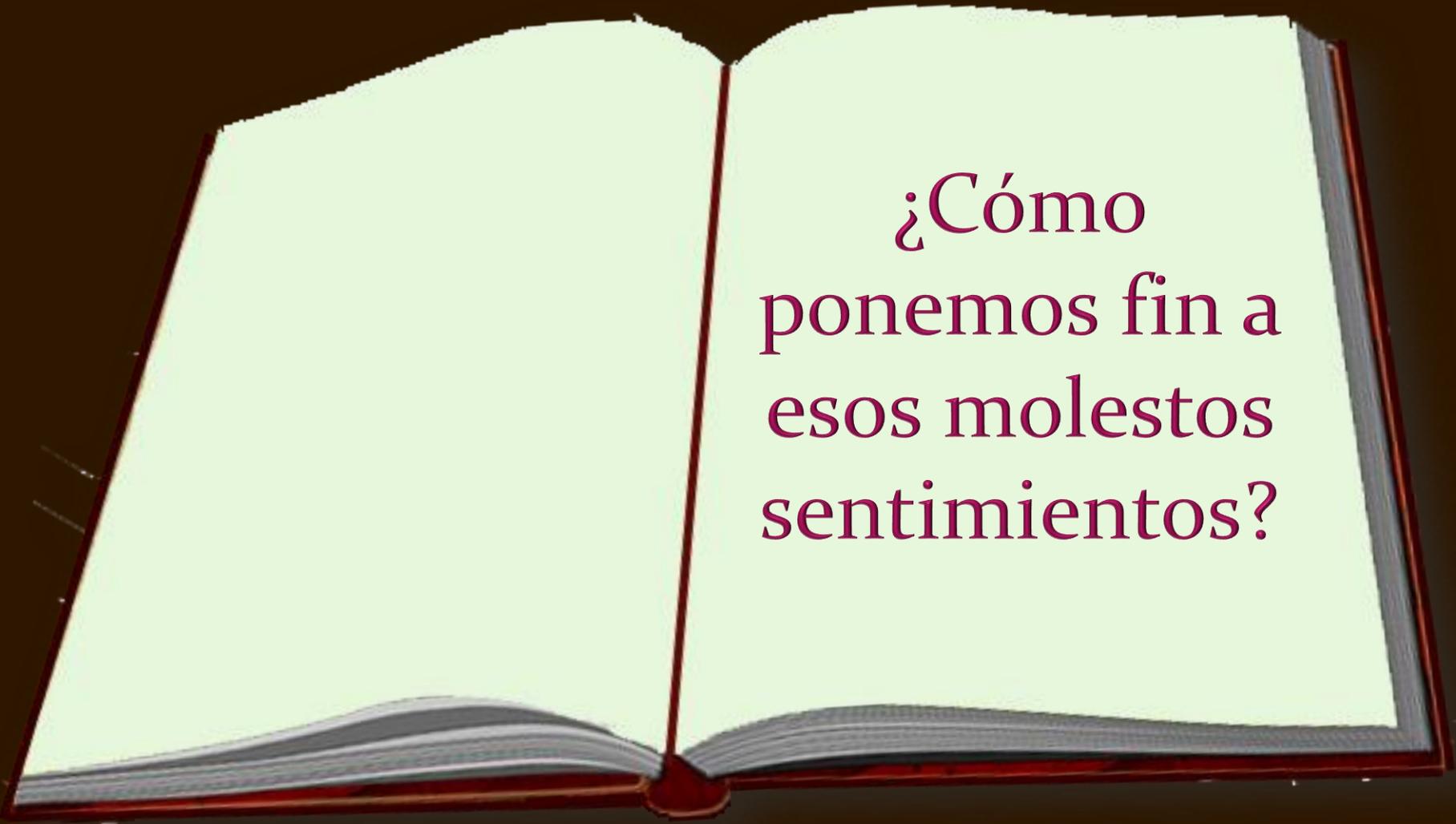
An open book with a dark red cover is shown from a slightly elevated perspective. The pages are cream-colored and feature text. The left page contains the text 'Inmersos en la niebla nos preguntamos desesperados:'. The right page contains the text '¿Cómo nos metimos en ella?'. The background is dark brown with decorative wavy lines at the top in shades of red, orange, and blue.

Inmersos en la
niebla nos
preguntamos
desesperados:

¿Cómo nos
metimos en
ella?



¿ Cómo
salimos ?



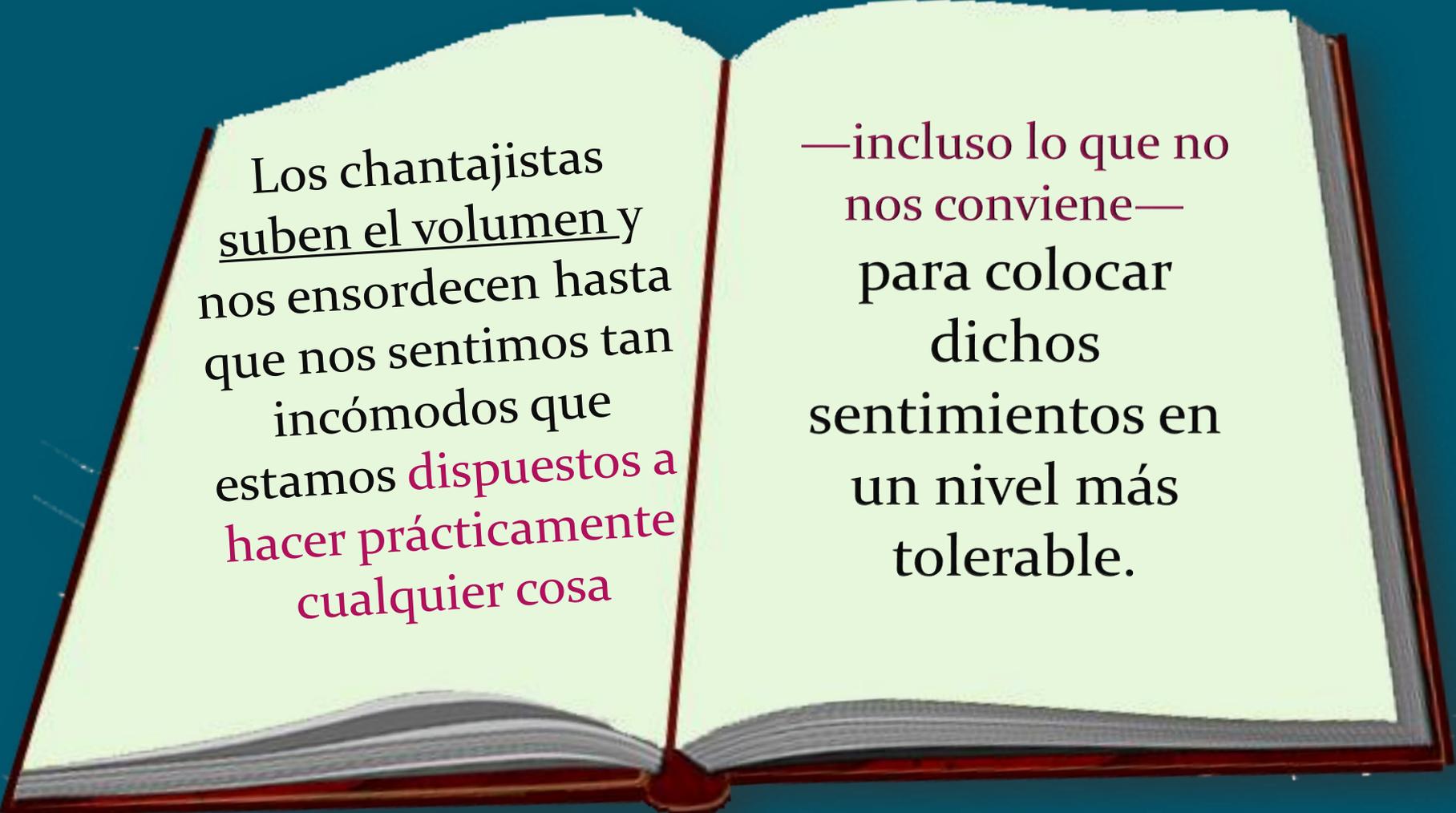
¿Cómo
ponemos fin a
esos molestos
sentimientos?

Todos convivimos con un sinfín de grandes y pequeños temores.

Tenemos obligaciones y, si poseemos conciencia, nos percatamos de que estamos interrelacionados con las personas que nos rodean y de nuestras responsabilidades con la familia y la comunidad.

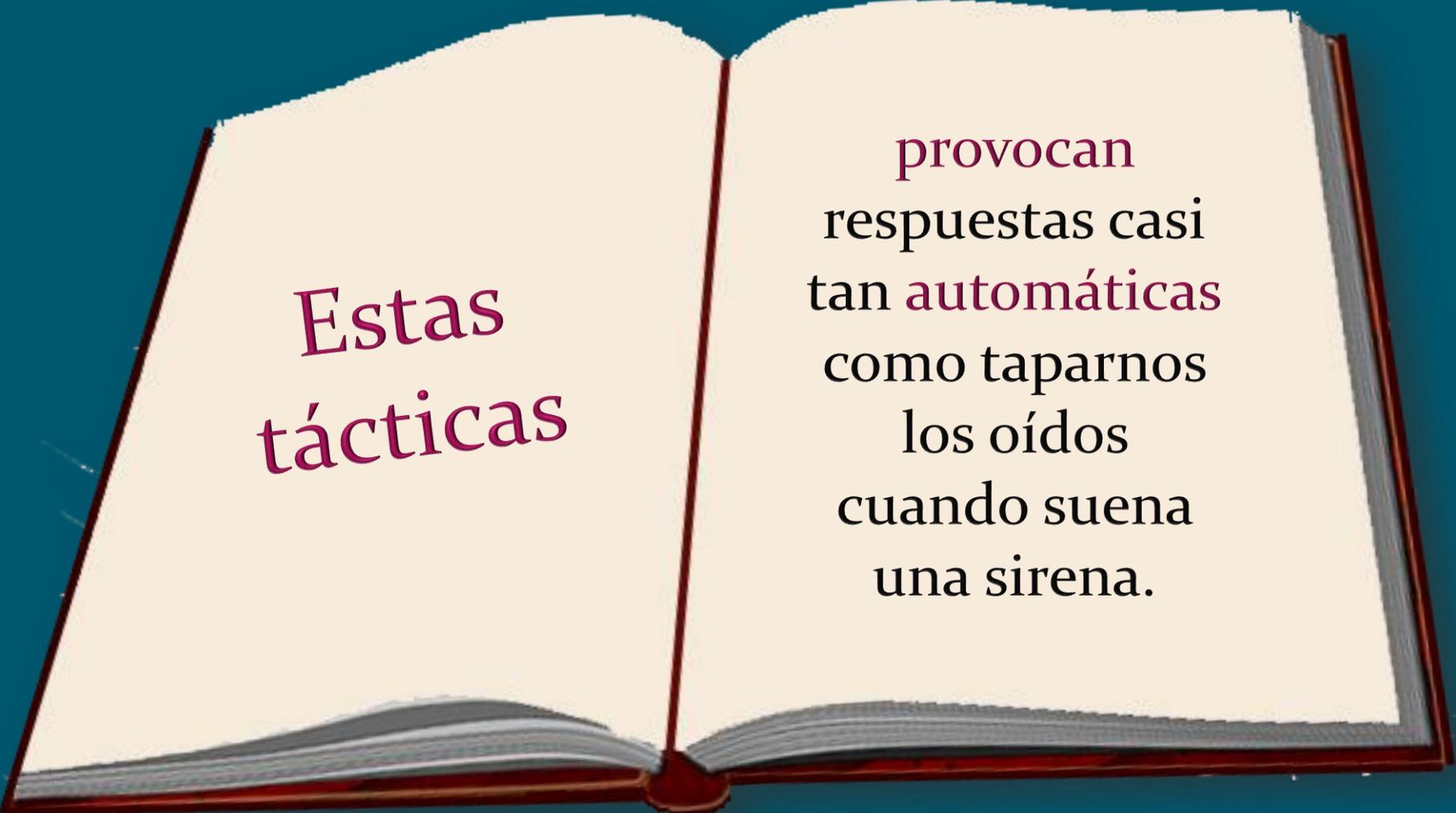
En algún momento todo ser humano experimenta algo de culpa. Nos gustaría atrasar el reloj y no repetir aquel acto que hirió a alguien. Lamentamos las cosas inconclusas.

Estas emociones son
fundamentales para estar en
el mundo con otras personas
y, durante la mayor parte del
tiempo, coexistimos con
ellas sin que nos abrumen.



Los chantajistas
suben el volumen y
nos ensordecen hasta
que nos sentimos tan
incómodos que
estamos **dispuestos a
hacer prácticamente
cualquier cosa**

—incluso lo que no
nos conviene—
para colocar
dichos
sentimientos en
un nivel más
tolerable.

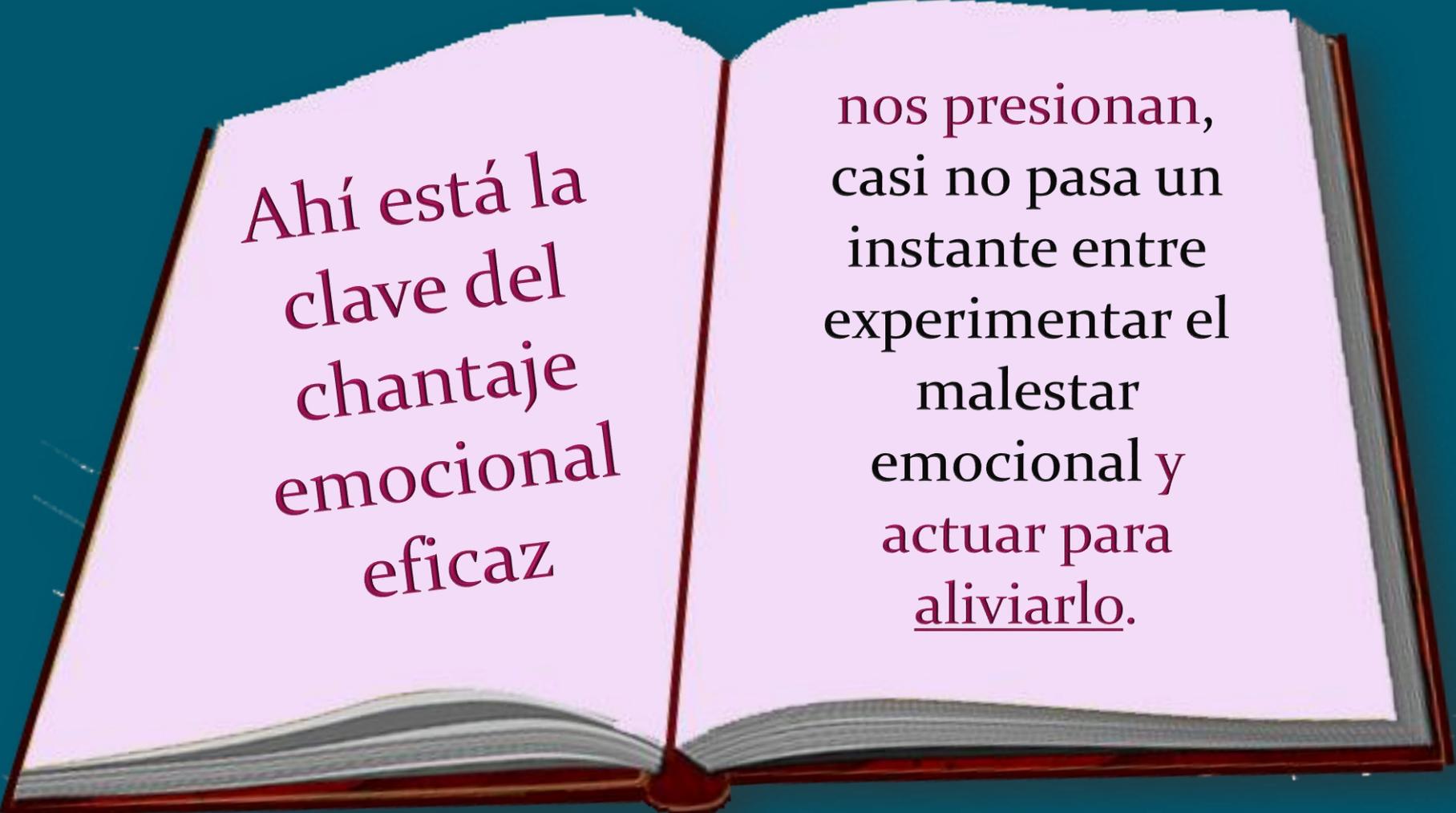
An open book with a dark red cover is shown against a teal background. The left page contains the text 'Estas tácticas' in a purple serif font. The right page contains a paragraph of text in a black serif font, starting with 'provocan' in purple. The book is slightly angled, showing the spine in the center.

Estas
tácticas

provocan
respuestas casi
tan automáticas
como taparnos
los oídos
cuando suena
una sirena.

Apenas
pensamos,
simplemente
reaccionamos



An open book with a dark red cover is shown against a teal background with wavy lines at the top. The left page contains text in a dark red, serif font, and the right page contains text in a black, serif font. The book is open, showing the binding in the center.

Ahí está la
clave del
chantaje
emocional
eficaz

nos presionan,
casi no pasa un
instante entre
experimentar el
malestar
emocional y
actuar para
aliviarlo.

Aunque parezca un proceso calculado



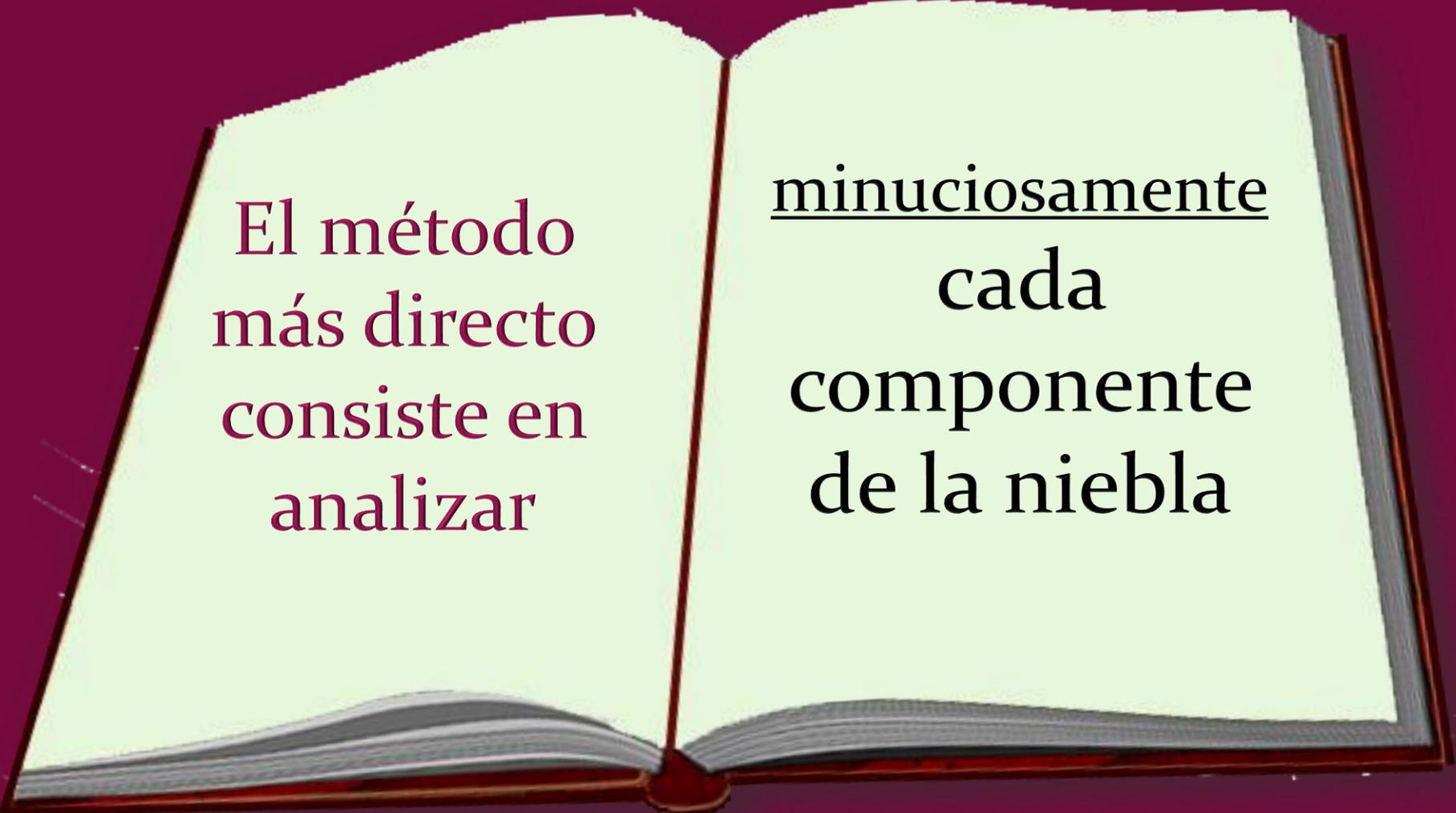
la mayoría de los
chantajistas
crean la niebla
sin proponérselo
conscientemente.

La niebla
activa una
compleja y
oculta
reacción en
cadena



An open book with a dark cover is shown against a dark red background. The pages are white. A photograph of a dirt path winding through a forest with bare trees and fallen leaves is placed over the left page. The text is overlaid on the photograph.

para
interrumpir,
tenemos que
entender
cómo
funciona.

An open book with a dark cover is shown against a dark red background. The pages are white and contain text. The left page has text in a dark red color, and the right page has text in black. The word 'minuciosamente' is underlined on the right page.

El método
más directo
consiste en
analizar

minuciosamente
cada
componente
de la niebla