

# Download Wanting To Hurt Myself And Others

Trying to find my MBTI Exactly what the title suggests, although I'll also post random MBTI & Enneagram stuff as well. No promises about organization. Aggressive obsessions go by many names. Harm obsessions, violent obsessions, morbid obsessions...the list goes on... These symptoms of obsessive-compulsive disorder (OCD) involve the fear of harming or killing other people. Anger. Let's face it—anger is a fact of life. Our world is filled with violence, hatred, war, and aggression. Psychologically, many theories of human development focus on the infant's struggle with anger and frustration and the primitive fantasies of aggression, guilt, and reparation that result from these feelings. Forgiving others is essential for spiritual growth. Your experience of someone who has hurt you, while painful, is now nothing more than a thought or feeling that you carry around. These thoughts of resentment, anger, and hatred represent slow, debilitating energies that will dis-empower you if ..., Wanting To Hurt Myself And Others.

**Other Files :**