

**“Negative influences can affect our emotional, mental, and spiritual well-being if we are not protected or aware.”**

Think *stressors, habits, environments, and thought patterns, and potentially spiritual entities* attaching themselves.

*You are not weak, you are human.*

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## **100 Ways Negative Influence Can Affect Our Spirit**

### **Mental & Emotional Pathways**

1. Chronic stress
2. Unresolved trauma
3. Suppressed grief
4. Rumination
5. Catastrophic thinking
6. Persistent fear
7. Self-loathing
8. Shame spirals
9. Guilt without repair
10. Hopelessness
11. Learned helplessness
12. Burnout
13. Emotional exhaustion
14. Anxiety loops
15. Depression untreated
16. Negative self-talk
17. Perfectionism
18. Comparison to others
19. Envy
20. Resentment

## **Relational & Social Influences**

- 21. Emotional abuse
- 22. Gaslighting
- 23. Narcissistic manipulation
- 24. Chronic criticism
- 25. Boundary violations
- 26. Co-dependency
- 27. Isolation
- 28. Betrayal
- 29. Emotional neglect
- 30. Controlling relationships
- 31. Fear-based leadership
- 32. Toxic workplaces
- 33. Social shaming
- 34. Online harassment
- 35. Mob mentality
- 36. Gossip
- 37. Peer pressure
- 38. Invalidating environments
- 39. Exposure to constant conflict
- 40. Being unheard for long periods

## **Physical & Lifestyle Factors**

- 41. Sleep deprivation
- 42. Poor nutrition
- 43. Substance abuse
- 44. Excess caffeine
- 45. Hormonal imbalance
- 46. Chronic illness without support
- 47. Pain ignored

- 48.Overworking
- 49.Lack of sunlight
- 50.Sedentary lifestyle
- 51.Sensory overload
- 52.Constant noise
- 53.Environmental chaos
- 54.Unsafe living conditions
- 55.Financial stress
- 56.Hunger
- 57.Dehydration
- 58.Lack of routine
- 59.Poor hygiene during depression
- 60.Neglecting medical care

## **Media, Information & Thought Pollution**

- 61.Doom-scrolling
- 62.Fear-driven news cycles
- 63.Violent media overexposure
- 64.Porn addiction
- 65.Algorithmic outrage
- 66.Propaganda
- 67.Conspiracy spirals
- 68.Identity attacks
- 69.Dehumanizing language
- 70.Misinformation
- 71.Echo chambers
- 72.Radicalization rhetoric
- 73.Social comparison via curated lives
- 74.Constant alerts/notifications
- 75.Information overload

## **Spiritual & Existential Stressors (Grounded, not supernatural)**

- 76.Loss of meaning
- 77.Identity confusion
- 78.Moral injury
- 79.Betrayal of values
- 80.Spiritual abuse
- 81.Dogmatic fear teachings
- 82.Shame-based religion
- 83.Loss of community
- 84.Existential dread
- 85.Feeling unsafe in the world
- 86.Disconnection from nature
- 87.Lack of rest or stillness
- 88.Absence of purpose
- 89.Feeling unseen by society
- 90.Chronic injustice exposure

## **Internal Permission Slips (Very Human)**

- 91.Ignoring intuition repeatedly
  - 92.Saying yes when you mean no
  - 93.Self-abandonment
  - 94.People-pleasing
  - 95.Staying where you are harmed
  - 96.Not asking for help
  - 97.Suppressing anger
  - 98.Avoiding grief
  - 99.Giving up joy
  - 100.Forgetting your own worth
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## Important grounding note ❤️

These are **conditions that influence mood, perception, and spirit over time**, and all of them are reversible with care, boundaries, and support.