

“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.

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.