

When  
are you most  
**VULNERABLE?**



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Everyone is tempted at some point in their life. In other words, temptations are a normal part of life.

It is not if you will be tempted, but when and how often.

Then we must focus on how we respond when we are tempted. Most people will initially resist temptation; however, with repeated exposure some will eventually cave or give in.

Why do some people eventually cave or give into temptation?

Many people cave or give into temptation because their response has become automatic, in other words their response has become habitual.

However, most people give into temptation when they are vulnerable.

This is where the **H.A.T.E.** acronym shows up.

The state where most people are most VULNERABLE is when they are empty of LOVE and full of HATE.

**H** hunger

**A** anger

**T** tired

**E** empty spiritually,  
emotionally, and  
mentally

HUNGER is not just for food.

You hunger for many things in life, and even people.

One may hunger for:

Control

Power

Money

Possessions

Sex

Beauty

Attention

Connection

Intimacy

Love

Security/safety

ANGER needs no explanation.

Everyone has been angry at some point in their life.

Anger stresses your body by activating your sympathetic nervous system. This leads to the release of cortisol and epinephrine.

Both chemicals lead to health related problems:

- increased abdominal fat
- weight gain
- elevated blood pressure
- cardiovascular problems

TIRED is not just physical exhaustion. There is also emotional and mental fatigue after a very taxing day at work or at home juggling multiple tasks.

Things may not have gone as expected. There may have been unexpected and unpleasant surprises.

A lack of sleep may have added to your level of tiredness. In any event, being tired is a big factor in ones ability to handle the attraction of temptation.

EMPTY also needs no explanation. You are spiritually and emotionally empty, which for most people is a place where there is not much love present.

This usually can show up after repeated disappointments or setbacks.

You are simply not loving life and often not loving yourself. The expression: "I got nothing left" is a common feeling in this state.



Fill your heart with love to overcome hate.

Love allows you to recognize when your needs are not being properly met in time to prevent you from falling into the trap of temptation.

When you are loving you are aware of the importance of caring for your physical, emotional, mental, and spiritual needs ahead of time to allow you to get those needs met in healthier ways.

We all know what we need to do to get totally healthy; however, sometimes it takes a little reminder to help us regain our clarity and focus.

My acronyms are designed to provide reminders and encouragement.

Please use them with love and if you find them useful, please share with others and feel free to subscribe to receive our weekly inspirational and motivational emails.

Thank you.  
SHDR