**LEVEL 2 – THE FIGHTER**

When you’re competing with others, when you blame or judge them, when you need to be right, and when you feel like if you don’t fight for yourself you won’t get what you want, you’re in conflict mode and exhibiting Level 2 energy. Remember that whether you let it out or keep it inside, Level 2’s catabolic energy will still take its toll on you.

**CORE THOUGHT = CONFLICT**

**CORE EMOTION = ANGER**

**ACTION/RESULT = DEFIANCE**

**Stress-I hate you- Disappointment- Judging- I win, you lose- It’s your fault-Frustration**

1. WHAT KIND OF CONFLICTS DO YOU HAVE IN YOUR LIFE?
2. WHAT OTHER TYPES OF LEVEL 2 ENERGY DO YOU FEEL FROM TIME TO TIME, OR MOST OF THE TIME?