





## **ON THE BALCONY OF LIFE**

Part I:

what negative emotions are and how they work

***“On the balcony of life – Part I: what negative emotions are and how they work” and “On the balcony of life – Part II: what positive emotions are and how they work” form a revolutionary diptych that will now finally help you understand what your emotions are and how they work... Timmer walks you in two times 92 simple steps through every single pure and every single vile aspect of both all your negative and all your positive emotions, that you’ve been through in your life up till now, and that you will ever experience. This work re-creates the one true and ancient road map to the mastering of emotions in order to the being able to manifest something in life...***

Copyright © 2023 Jasper Merijn Timmer

All rights reserved. No part of this book may be reproduced or used in any manner without the prior written permission of the copyright owner, except for the use of brief quotations in a book review.

To request permissions, contact the copyright owner at [j.m.timmer@outlook.com](mailto:j.m.timmer@outlook.com).

ISBN: 9789464920963



## **Table of contents**

Table of contents .....	5
Chapter 1 – Shame {0} .....	10
1.1 Shame {0} – the vile workings of this emotion .....	10
1.1.1 (try to) destruct .....	10
1.1.2 (try to) see your position too rosy .....	10
1.1.3 (try to) feel miserable .....	10
1.2 Shame {0} – the pure workings of this emotion .....	10
1.2.1 (try to) understand life .....	10
1.2.2 (try to) open up possibilities .....	10
Chapter 2 – Shame {18} .....	12
2.1 Shame {18} – the vile workings of this emotion .....	12
2.1.1 (try to) argue .....	12
2.1.2 (try to) control someone .....	13
2.2 Shame {18} – the pure workings of this emotion .....	13
2.2.1 (try to) confess .....	13
2.2.2 (try to) arm against evil things and welcome good things .....	13
Chapter 3 – Guilt {36} .....	15
3.1 Guilt {36} – the vile workings of this emotion .....	15
3.1.1 to worry .....	15
3.1.2 “it is what it is” .....	16
3.1.3 (try to) get things mixed up .....	16
3.2 Guilt {36} – the pure working of this emotion .....	16
3.2.1 (try to) take care of something or someone .....	16
Chapter 4 – Apathy {54} .....	18
4.1 Apathy {54} – the vile working of this emotion .....	18
4.1.1 (try to) patronize .....	18
4.2 Apathy {54} – the pure workings of this emotion .....	18
4.2.1 (try to) look for valuable things in life .....	18
4.2.2 (an attempt to) rhetorical thinking .....	19
4.2.3 (try to) diminish emotional thinking .....	19
Chapter 5 – Grief {72} .....	21
5.1 Grief {72} – the vile working of this emotion .....	21
5.1.1 lack of adaptability .....	21
5.2 Grief {72} – the pure workings of this emotion .....	21
5.2.1 (try to) re-assemble things .....	21
5.2.2 (try to) demonstrate delusions .....	21
5.2.3 “healthy compost for your mind” .....	21

Chapter 6 – Fear {90} .....	23
6.1 Fear {90} – the vile workings of this emotion .....	23
6.1.1 to be demanding and haunting .....	23
6.1.2 to feel broken .....	23
6.2 Fear {90} – the pure workings of this emotion .....	23
6.2.1 wait for the right moment .....	23
6.2.2 association or dissociation .....	23
Chapter 7 – Fear {108} .....	25
7.1 Fear {108} – the vile working of this emotion .....	25
7.1.1 (try to) play for sympathy .....	25
7.2 Fear {108} – the pure working of this emotion .....	25
7.2.1 (try to) talk your way into it .....	25
7.2.2 (try to) talk someone into the right direction .....	25
7.2.3 (try to) make someone (more) understanding .....	25
Chapter 8 – Desire {126} .....	27
8.1 Desire {126} – the vile workings of this emotion .....	27
8.1.1 boredom .....	27
8.1.2 to let someone keep you on the line .....	27
8.2 Desire {126} – the pure workings of this emotion .....	27
8.2.1 (to try) to make short shrift with things .....	28
8.2.2 (to try) to gain ground playfully .....	28
Chapter 9 – Anger {144} .....	30
9.1 Anger {144} – the vile workings of this emotion .....	31
9.1.1 premature presumptions .....	31
9.1.2 playing nice weather .....	31
9.1.3 killing the mood .....	31
9.1.4 sending mixed signals .....	31
9.1.5 blowing up or downplaying things .....	31
9.1.6 wanting to be able to be ‘yourself’ .....	31
9.2 Anger {144} – the pure workings of this emotion .....	31
9.2.1 to handle the things smoothly .....	31
9.2.2 empathic ability .....	31
Chapter 10 – Pride {162} .....	33
10.1 Pride {162} – the vile workings of this emotion .....	33
10.1.1 stubbornness .....	33
10.1.2 to run into your own wall of impossibility .....	33
10.2 Pride {162} – the pure workings of this emotion .....	33
10.2.1 to put someone in his or her place .....	33
10.2.2 to dare look the evil in the eye .....	33
10.2.3 “to smooth out something” .....	33