

Blockages can occur at the higher levels, but these are not as debilitating. Someone stuck at a high level of motivation can access other selfless levels and be in touch spiritually. The following table shows how the second-order negative emotions correspond to the psychological blockages, which may be either from an over or under-emphasis of a level.

UHM Level	UHM Drive	What we are “Wanting” in Present Situation	Negative Emotional States (Ekman’s core emotions in <i>Italics</i>)
3	Power	<i>Not</i> wanting what is happening	<i>Anger or Disgust</i> (In past = Regret: <i>Not</i> wanting what happened)
2	Pleasure	Wanting what is happening	Too much <i>Enjoyment</i> (Boredom: passively <i>not</i> wanting what is happening)
1	Survival	Wanting what is <i>not</i> happening	<i>Sadness</i> (In future = <i>Fear</i> : <i>Not</i> wanting what expecting to happen)

Table 7-4. Psychological blockages shown with “wanting” versus the corresponding main negative emotional state.