

# EMOTIONAL DNA



## 1.1 What Is Emotional DNA?

At SNG1 Company Limited, we define Emotional DNA as the emotional and psychological patterns unconsciously passed from one generation to another, Emotional DNA shapes how you think, feel, react, and relate with others.

These patterns can be genetic or learned through environments, family dynamics, culture, trauma, beliefs, and emotional behavior that become your internal “*operating system*.”

## 1.2 Examples of Emotional DNA Patterns

These are examples of inherited patterns which can operate visibly or silently but shape our thoughts, emotions, behaviors, and relationships. They can be negative and limiting, or positive and empowering.

### i. Negative inherited perspectives

Negative worldviews or attitudes passed through family culture or language.

- “Life is a constant struggle.”
- “You can’t trust anyone.”
- “We don’t talk about our problems.”
- “Success makes people jealous.”
- “Crying is a sign of weakness.”

## ii. Positive inherited perspectives

Healthy patterns that strengthen mental well-being and relationships.

- *"We learn from failure and grow stronger."*
- *"In our family, emotions are respected and shared."*
- *"You are loved just as you are."*
- *"We solve problems together, not alone."*
- *"We leave things better than we found them."*



## iii. Core Beliefs

Deep-rooted beliefs about self, others, and the world formed early in life.

- *"I'm not good enough."*
- *"I must earn love through achievement."*
- *"If I make a mistake, I'll be punished."*
- *"I don't deserve to be happy."*
- *"I'm responsible for everyone's emotions."*

## iv. Generational trauma cycles

Emotional wounds inherited from unhealed trauma experienced by previous generations.

- Hypervigilance and fear due to family history of war, abuse, or abandonment.
- Emotional distance passed down from emotionally unavailable caregivers.
- Chronic insecurity rooted in generational poverty or instability.
- Fear of failure resulting from harsh punishment or shame-based parenting.



#### v. Learned abuse

Negative relationship dynamics modelled and repeated unconsciously.

- ➔ Shouting or manipulation as forms of communication.
- ➔ Silent treatment as a tool for control.
- ➔ Physical punishment used as “discipline.”
- ➔ Using guilt or shame to manage others.

#### vi. Coping Mechanisms

Inherited or modelled emotional survival strategies.

- ➔ Avoidance: Escaping emotions by staying busy, overworking, or isolating.
- ➔ Substance use: Using alcohol, food, or screens to numb pain.
- ➔ People-pleasing: Sacrificing self to gain approval or avoid rejection.
- ➔ Emotional shutdown: Withdrawing emotionally when overwhelmed.
- ➔ Over-functioning: Trying to fix or control everything to feel safe.
- ➔ Denial: Refusing to acknowledge emotional issues to avoid discomfort.

## 1.3 How Emotional DNA Is Passed Down

Emotional DNA is passed through:

- Words and beliefs (e.g., “Be strong,” “Don’t trust people”)
- Observed behaviour (e.g., suppressing emotions, explosive anger)
- Unresolved trauma (e.g., war, loss, poverty, abuse)
- Family culture (e.g., silence around emotions, shame about failure)
- Genetics (e.g. through inherited disorders)
- Social Learning (e.g. learning by imitation, learning from role models and authoritative figures)
- Generational Learning.



## 1.4 Emotional DNA and Mental Health

Emotional DNA directly impacts your mental well-being:

- It influences your self-worth, relationships, and decision-making.
- It can lead to chronic stress, anxiety, self-sabotage, or emotional numbness.
- It can also build resilience, compassion, emotional strength, and confidence, if passed positively.

Understanding your Emotional DNA is the first step toward freedom, healing, and personal growth.

## 1.5 Why Emotional DNA Matters for Generational Welfare?

At SNG1, we believe that healing your Emotional DNA transforms not just your life but the lives of those around you and after you.

When negative emotional patterns are left unaddressed, they repeat across families and communities, leading to:

- ➡ Damaged relationships
- ➡ Poor parenting cycles
- ➡ Community instability
- ➡ Lost potential

## 1.6 SNG1's Approach in Breaking the cycle of Negative Emotional DNA

At SNG1, we help individuals break negative cycles and enhance positive patterns through our Psychological and Generational Intervention Facility, which focuses on tracing, understanding, and transforming harmful emotional legacies.

We also use our special Psychological NEST where we help people to transform their inherited negative mindsets into positive mindsets that will help them to understand, accept, utilize, nurture, evaluate and strengthen their Abilities that might have been suppressed by negative emotional DNA and Inherited psychological perspectives.

At SNG1, we help you rewrite your emotional story from survival to strength, from generational pain to generational healing, because healing one person can heal generations.

## Some of the Pictures of Organized Events as a mission to unlock Emotional DNA among Individuals

