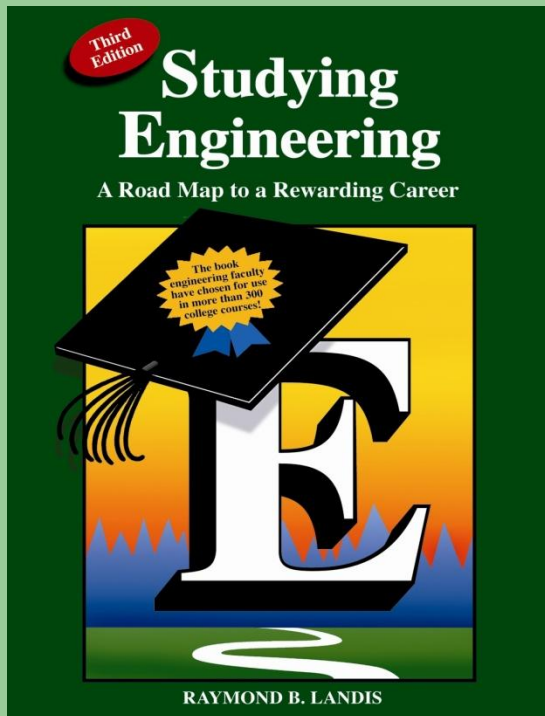


Chapter 6



Understanding Self II

Lecture Overview

- Distress cycle
- Healing developmental trauma
- Managing negative emotions

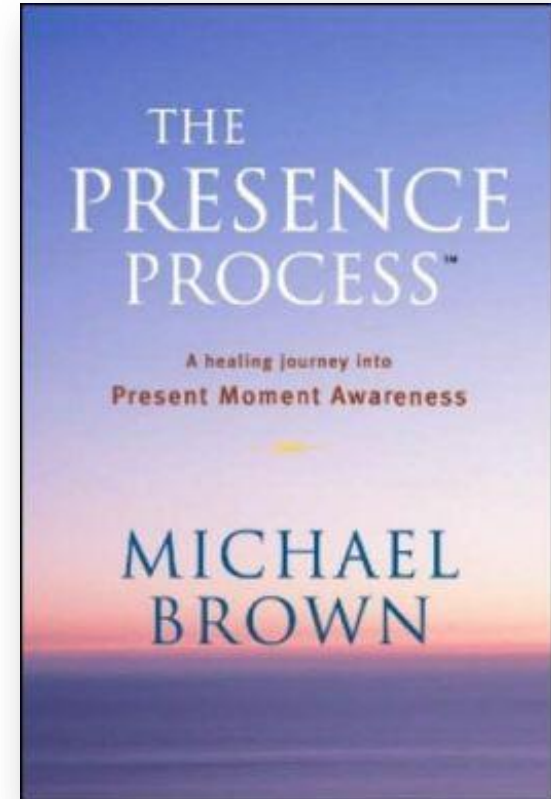
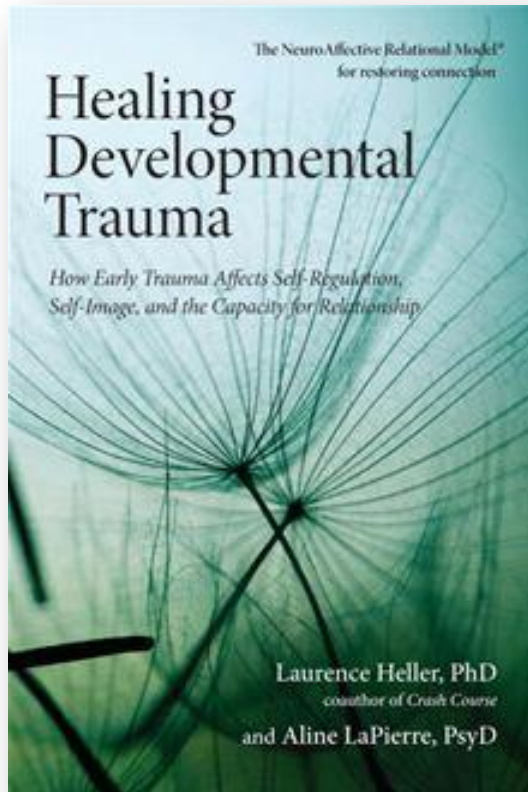
Lecture Overview

Your questions:

- Why am I the way I am?
- Why do we do what we do?
- What makes me different?

Distress cycle

Early trauma is often at the root of psychological difficulties such as low self-esteem, chronic anxiety, and depression.



The first emotionally-driven Seven-Year Cycle of our childhood is the causal point of all our present uncomfortable experiences.

Distress cycle



“All children need to feel connected to themselves and to their caregivers: they require loving attunement to their needs and emotions, and they need to be supported enough to feel safe in their dependence as well as in their independence.” *Healing Developmental Trauma*

Distress cycle



“When basic needs are not met and the protest to get those needs met is unsuccessful, children come to feel that something is wrong with their needs.” *Healing Developmental Trauma*

Distress cycle



“With developmental trauma, there is no single traumatizing event, but rather, ongoing experience of neglect, abuse and misattunement. Trauma has its most impact during the first decade of life.”

Healing Developmental Trauma

Distress cycle



“Human beings are born with an essential adaptive ability: the capacity to disconnect from painful internal and external experience.”

Healing Developmental Trauma

Adaptive Strategies

“Children give up their very sense of existence, disconnect, and attempt to become invisible.”

“Children give up their own needs in order to focus on the needs of the parents.”

“Children give up their authenticity in order to be who the parents want them to be: sport star, etc.”

“Children give up direct expressions of independence in order not to feel abandoned.”

“Children try to avoid rejection by perfecting themselves [looks or performance]”

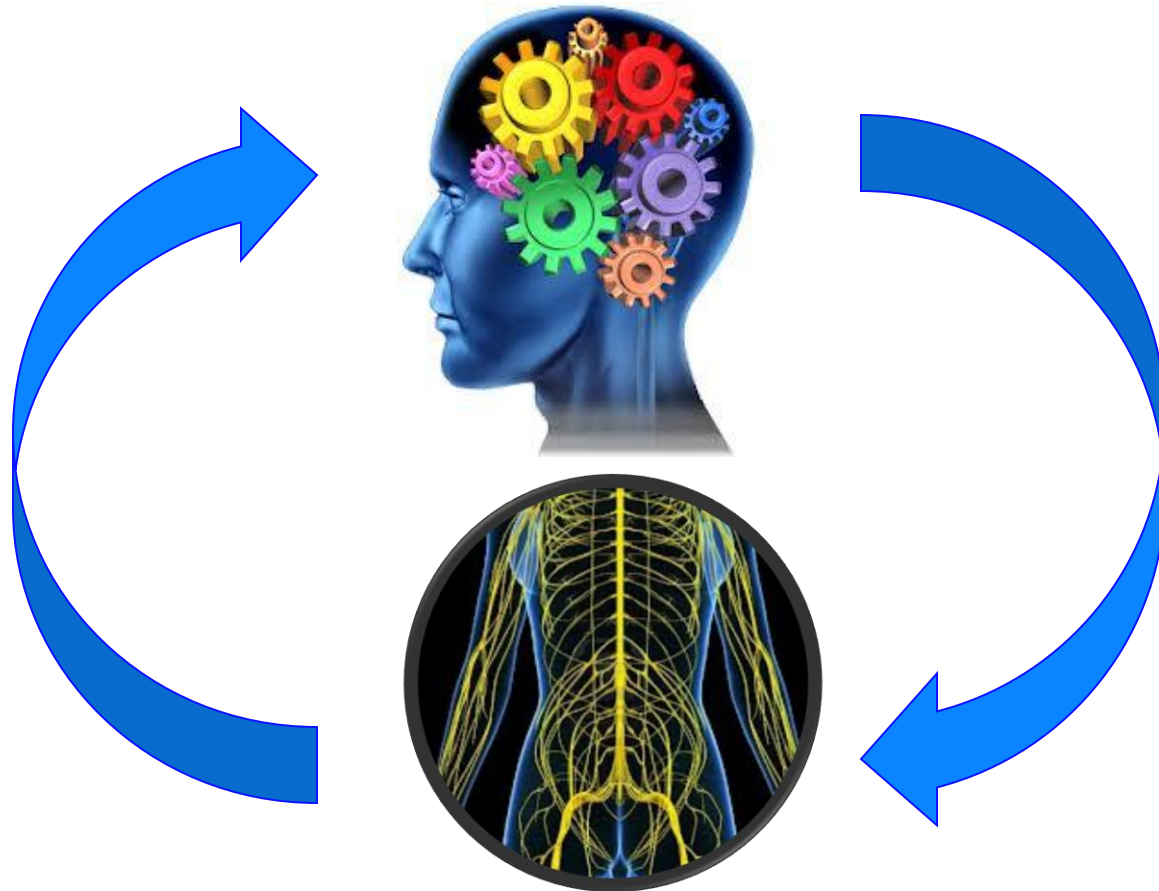
Distress cycle

“Living life based on adaptations learned in childhood restricts our capacity to respond appropriately and creatively to the many challenges of adult life.”

“Our beliefs about ourselves and the world, together with the physiological patterns associated with these beliefs, crystallize into a familiar sense of who we are. This is what we come to view as our identity... as adults these initially adaptive limitations become self-imposed prisons.”

Distress cycle

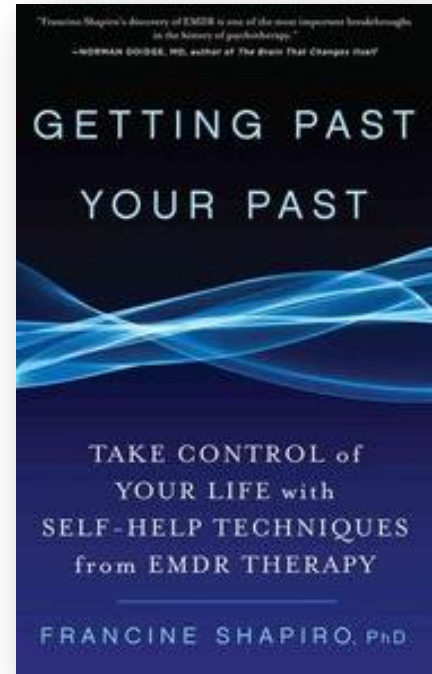
“Our thoughts, judgments, and identifications affect how we feel and impact the nervous system’s capacity for regulation.”



“Regulation/dysregulation in our nervous system affects our emotions and thoughts.” Healing Developmental Trauma

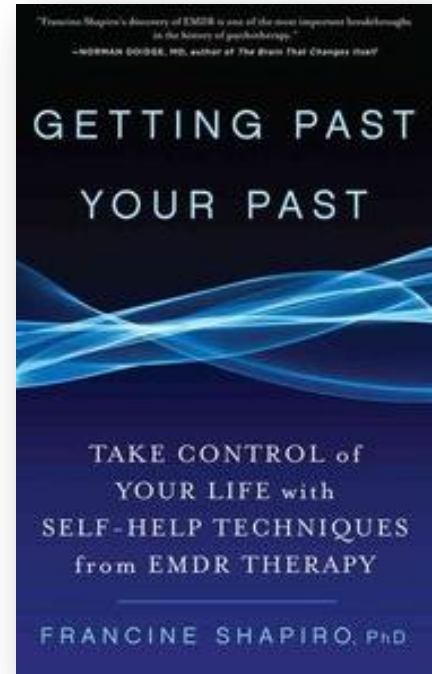
Distress cycle

“Disturbing experiences can overwhelm the system. The intense emotional or physical disturbance caused by the situation prevents the information processing system from making internal connections needed to take it to a resolution. Instead, the memory of the situation become stored in the brain as you experienced it. What you saw and felt, the image, the emotions, the physical sensations and the thoughts become encoded in memory in their original, unprocessed form...”



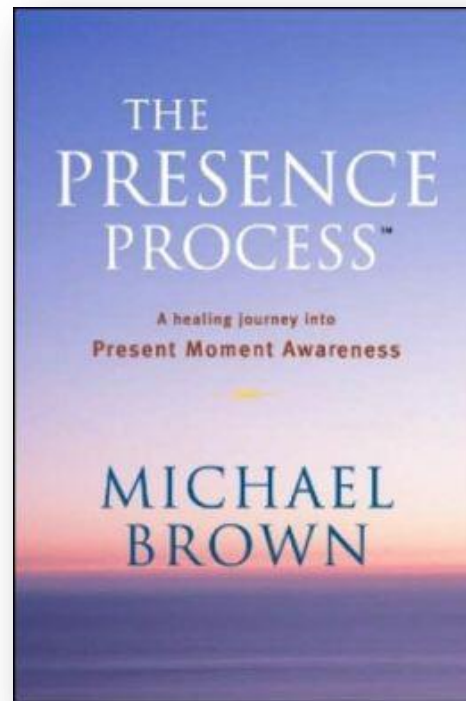
Distress cycle

“The disrupted information processing system has stored the memory in isolation – unintegrated within the more general memory networks. It can’t change since it is unable to link up with anything more useful and adaptive. That’s why time doesn’t heal all wounds, and you may feel anger, resentment, pain, sorrow or a number of other emotions about events that took place years ago. They are frozen in time, and the unprocessed memories can become the foundation for emotional, and sometimes physical, problems.”



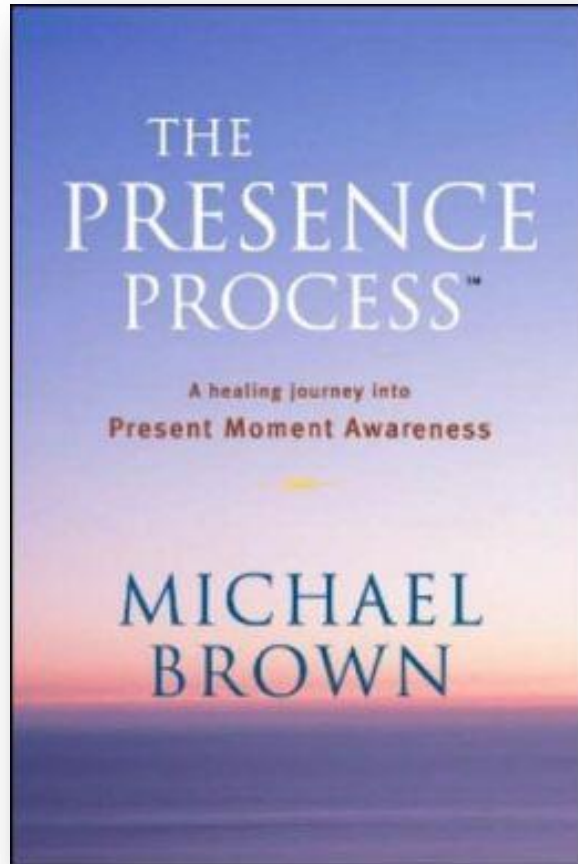
Healing trauma

The process of healing nervous system is complex, time consuming and costly.



Michael Brown offers a practical individual process that helps to integrate negative emotions and improve self-regulation.

Distress cycle



Clive and Nadine

After Clive's divorce his daughter Nadine started behaving strangely: she had violent outbursts and acts of mental derangement.

Clive undertook the Presence Process under Michael that resulted in inexplicable changes in Nadine's behavior over the time:

“She is not shouting at me anymore”

“She sat in the kitchen and spoke to me”

“She started doing the dishes”

“She put her arms around me and told me she loved me”

Distress cycle

- Observe your behavior patterns
- Are any of them cause problems in life?
- Observe your negative reactions
- Are they reactions to the past similar events or adequate response to the present?

Managing emotions

- Repression or denial of negative emotions are harmful ways of dealing with them
- Healthy ways:
 - Acknowledge your negative emotion
 - Allow yourself to feel it
 - To alleviate this experience, notice your surrounding, pay attention to specific parts of your body

Managing emotions



<http://www.youtube.com/watch?v=AGnGRgyLwMs>