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## Reflection: *'Researching Your Resources'* from Lab 1

- What were they at the start of the program?

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- Have they shifted? How have they shifted?

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- Are any neurosensory exercises becoming resources? Which ones?

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- Any non-SBSM related resources surfacing?

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### QUOTE

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“The antidote for trauma is to create new experiences in the body that contradict helplessness and collapse”

**Peter Levine**

Here's an example of working with an emotion, or quality of human experience, that is not anger-based, but it can lead to accessing \_\_\_\_\_.

*\*My personal share and epiphany exploring the quality and emotion of horror.*

## Back To Anger and Healthy Aggression

We can't always conjure up anger (or any other stored up emotion) in a \_\_\_\_\_ kind of way.

We must \_\_\_\_\_ the tools, self-knowledge, and educational resources we are building.

Then, \_\_\_\_\_ and get out of the way so the healing \_\_\_\_\_ and the return of our \_\_\_\_\_ self (that authentic self) can show up.

## The Power of Other Primal Emotions That Connect with Anger

Enter \_\_\_\_\_

- From the point of view of evolution and survival the primary function of disgust is to get rid of, or away from, a \_\_\_\_\_ substance.
- For any living creature this could be a poison, a food that's gone bad, anything environmental that is not \_\_\_\_\_ for us and could make us sick.
- It can also be a \_\_\_\_\_ environment (social, parental, peer, caregivers, teachers, etc.) that does not accept you (or rejects you) and your natural self, plus all its biological, creative, emotional, and sensory experiences and expressions.

### WE NEED DISGUST TO WARN US THAT SOMETHING IS TOXIC, BUT WHAT IF WE CAN'T GET AWAY FROM THE TOXICITY?

Enter shame, specifically \_\_\_\_\_ shame.

The two kinds of shame, healthy and toxic, are felt in the \_\_\_\_\_ experience.

Example: *"Don't Touch That"*

- The \_\_\_\_\_ variety is imprinted when connection, love, and secure attachment are present, along with the demand or disciplinary action. (My cutting bread example)

- The \_\_\_\_\_ variety can be imprinted via the tone of the voice from the other, the ridiculing, the violent behaviour and/or any other abusive actions that invoke a sense of fear, a need to protect, and/or shutdown.

The \_\_\_\_\_ (emotional quality) of disgust is very similar to the affect of \_\_\_\_\_.

When we are able to powerfully express our anger, we \_\_\_\_\_ our life force energy!

This can lead to the \_\_\_\_\_ of self-protective responses (stored procedural memories) that would have wanted to happen to protect us from the toxicity (the abuse, the person, etc) but did not.

## QUOTE

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“(…) for example, if you were never allowed to express anger in your family, your anger becomes an alienated part of yourself. You experience toxic shame when you feel angry. This part of you must be disowned or severed. There is no way to get rid of your emotional power of anger. Anger is self-preserving and self-protective energy. Without this energy you become a doormat and a people-pleaser. As your feelings, needs, and drives are bound by toxic shame, more and more of you is alienated (…) when shame has been completely internalized, nothing about you is okay. You have the sense of being a failure. There is no way you can share your inner self because you are an object of contempt to yourself. When you are contemptible to yourself, you are no longer in you. To feel shame is to feel exposed in a diminished way. When you're an object to yourself, you turn your eyes inward, watching and scrutinizing every minute detail of behavior. This internal critical observation is excruciating. It generates a tormenting self-consciousness that (Kaufman) describes as “creating a binding and paralyzing effect upon the self.” This paralyzing internal monitoring causes withdrawal, passivity, and inaction.”

**Healing The Shame That Binds You. 1988. John Bradshaw.**

## An Important Note On Guilt

The experience of guilt is more \_\_\_\_\_. John Bradshaw terms guilt, \_\_\_\_\_ shame.

### QUOTE

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“The rules and limits children have experienced from their caregivers or from the environment are internalized and become an inner voice that guides and limits behavior. Guilt is the guardian of conscience, and children begin to form their conscience during the preschool period.”

**Healing The Shame That Binds You. 1988. John Bradshaw.**

## Dissolving The Imprints From A Somatic Perspective

- Disgust is a \_\_\_\_\_ emotion to healing toxic shame.
- When a person can access the quality and feeling of disgust, they start to heal the \_\_\_\_\_ of toxic shame.
- Toxic shame is often associated with lifelong \_\_\_\_\_ (shutdown, poor posture, difficulty with healthy social engagement and varied vocal prosody, chronic illness, lack of emotional resiliency.)
- When we begin to \_\_\_\_\_ these emotions and bring more energy and potency into our \_\_\_\_\_ (via the neurosensory exercises, other somatic practices, good therapy, etc.)
- ... and can stay \_\_\_\_\_ to the present moment, alongside more accurate \_\_\_\_\_,
- We start to move out of these imprints and \_\_\_\_\_.

Before we end today - let's move a little 😊

1. Play with the movements of expansion and contraction (micro to the macro)
2. Exploring "me" and "you" (self and non-self)

Personal Notes: