

# Handout For Training Call #4

#### **ANGER & HEALTHY AGGRESSION PART 1**

# Feelings/Emotions/Sensations

- Where do **FEELINGS** (emotions/sensations) come from?
- They come from the **BODY**.
- They especially come from the **ORGANS**, aka: The Viscera.
- These parts of our body also house our **INTUITION**, (aka: the interoception, or our gut sense, or our 6th sense).
- This is why we work to bring self-awareness, intention and attention to the <u>DIAPHRAGMS</u> & <u>JOINTS</u> & <u>KIDNEY/ADRENALS</u> & <u>GUT</u>.
- For example, the diaphragms encase our organs; so, they encase our **FEELINGS**.

# Living with Chronic Stress, Toxic Stress, and Untreated Early Trauma

Our body spaces **<u>TIGHTEN</u>** and **<u>SHUT DOWN</u>** and this cuts off our **<u>CAPACITY</u>** to have self-awareness to our emotions/feelings/sensations.

# Hypothetical Question

## YOU ENCOUNTER A TIGER (OR ANY THREAT THAT COULD HARM YOUR LIFE).

## What makes you afraid of it?

- 1. Is it the body's response to the threat?
- 2. The conscious thought about the threat?
- 3. An emotion connected to the threat?





## SMARTWODA SMARTBODA SMARTBODA

#### ANGER & HEALTHY AGGRESSION PART 1

### NINA BULL - 'THE ATTITUDE THEORY OF EMOTION' (1951)

- Bull's research found that it was the **<u>PREPARATION</u>** of the nervous system specifically the motor movements to prepare for action which then gives rise to emotion and feeling.
- In other words, our **NEUROMUSCULAR** activations are primary in the development and experiencing of our emotive (sensory) state.
- Another reminder that working via the **BODY** is essential for working with our emotions.

Even as far back as her time (1880-1968), she believed that it was important to *"recognize a somatic pattern,"* and from here one could create a practice to shift that motor/muscular pattern deliberately. (Sound familiar?)

*Reference article: International Body Psychotherapy Journal The Art and Science of Somatic Praxis Volume 11, Number 2, 2012 pp 45-58. Lewis, Daniel J.* 

She believed that seeing (sensing/feeling) the tiger puts you into an immediate reaction to

**<u>RUN</u>** / <u>**FLEE**</u>, and it is the <u>**ACT**</u> of running/fleeing that then makes you <u>**AFRAID**</u>.

# Review: All Comes Back to the Body & Its Responses

QUOTE FROM GABOR MATÉ'S BOOK, "WHEN THE BODY SAYS NO – THE COST OF HIDDEN STRESS"

"Awareness also means learning what the signs of stress are in our own bodies. **How our bodies telegraph us when our minds have missed the cues.** In both human and animal studies it has been observed that the **physiological stress response is a more accurate gauge** of the organism's real experience than either conscious awareness or observed behavior."

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A 12-WEEK Nervous System REWIRE



ANGER & HEALTHY AGGRESSION PART 1

## FROM "IN AN UNSPOKEN VOICE, HOW THE BODY RELEASES TRAUMA AND RESTORES GOODNESS."

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#### Peter Levine, 2010. Chapter 13: Emotion, the Body and Change.

"The reason the bodily felt sense has the power to creatively influence our behaviors is precisely because it is involuntary; feelings are not evoked through acts of will. They give us information that does not come from the conscious mind. 'Emotional intelligence' and 'emotional literacy' communicate through the felt-sense/somatic markers and are vitally important to the conduct of our lives."

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"The balanced attention to sensation, feelings, cognition and elan vital (life-energy) remains the emergent therapeutic future for transforming the whole person."

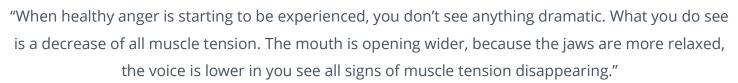
**FROM "WHEN THE BODY SAYS NO – THE COST OF HIDDEN STRESS" GABOR MATÉ. 2003. CHAPTER 19: THE SEVEN A'S OF HEALING.** (Conversation Gabor Maté had with Toronto physician and psychotherapist Allen Kaplin.)

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"He points out that both repression and rage represent a fear of the genuine experience of anger." Healthy anger, he says, is an empowerment and a relaxation. The real experience of anger 'is physiologic without acting out.' The experience is one of a surge of power going through the system along with mobilization to attack. There is, simultaneously, a complete disappearance of all anxiety."

#### And he continues:

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# Why it's Important to Let Emotions Move and "Do Their Thing!"

- They let us know that we're **ALIVE**!
- They give us important <u>CUES</u> about our <u>INTEROCEPTION</u>

## and **NEUROCEPTION**.

- When we trap emotions; they accumulate. This creates **TOXIC** stress.
- Let them move, and we **FREE** up our life energy (our **LIFE FORCE**).

#### AGAIN, LEVINE:

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"As people learn to master their emotions, they also begin to harness the underlying impulses to action."

Enter the <u>COMPLETION</u> of stored up anger/aggressive responses (<u>PROCEDURAL</u> memories) and the uncovering of <u>HEALTHY</u> aggression.

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# Notes on Releasing and De-Activating Stored Traumatic Procedural Memories

- It is <u>IMPOSSIBLE</u> for us to predict when we might have an emotional release, or have a <u>PROCEDURAL</u> memory that wants to be de-activated (or re-negotiated).
- This is why it is essential that we build solid nervous system <u>FOUNDATIONS</u>, grow our <u>INTERNAL CAPACITY</u>, and have tried and practiced <u>TOOLS</u> and <u>RESOURCES</u> at our disposal.
- Because we might <u>MISS</u> something that's important, and not even know it.

# When Working With, and Moving (FREEING UP) Stored Anger and Harnessing Healthy Aggression

## PHASE 1:

Connect with the **INNER** experience.

(The body/visceral/interoceptive quality/sensation/feeling/sense/felt-sense, etc...)

## PHASE 2:

Discover what (if any) MOVEMENT, EMOTION, WORD,

**SOUND**, **TEXTURE**, **ETC** ... might be there, ready

and waiting to be experienced, processed, expressed, integrated.

(PHASE 2 must **<u>CONNECT</u>** with PHASE 1)

Always maintain connection to **<u>SELF</u>** during these phases.

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