

## Feelings/Emotions/Sensations

- Where do \_\_\_\_\_ (emotions/sensations) come from?
- They come from the \_\_\_\_\_.
- They especially come from the \_\_\_\_\_, AKA: The Viscera.
- These parts of our body also house our \_\_\_\_\_, (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 \_\_\_\_\_ & \_\_\_\_\_ & \_\_\_\_\_ / \_\_\_\_\_ & \_\_\_\_\_.
- For example, the diaphragms encase our organs; so, they encase our \_\_\_\_\_.

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

Our body spaces \_\_\_\_\_ and \_\_\_\_\_ and this cuts off our \_\_\_\_\_ 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?

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

- Bull's research found that it was the \_\_\_\_\_ of the nervous system - specifically the motor movements to prepare for action - which then gives rise to emotion and feeling.
- In other words, our \_\_\_\_\_ activations are primary in the development and experiencing of our emotive (sensory) state.
- Another reminder that working via the \_\_\_\_\_ 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 \_\_\_\_\_ / \_\_\_\_\_, and it is the \_\_\_\_\_ of running/fleeing that then makes you \_\_\_\_\_.

## 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.”

---

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

“

**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.”

“

“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.)

“

“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:*

“

“When healthy anger is starting to be experienced, you don’t see anything dramatic. What you do see is a decrease of all muscle tension. The mouth is opening wider, because the jaws are more relaxed, the voice is lower in you see all signs of muscle tension disappearing.”

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

- They let us know that we're \_\_\_\_\_!
- They give us important \_\_\_\_\_ about our \_\_\_\_\_ and \_\_\_\_\_.
- When we trap emotions; they accumulate. This creates \_\_\_\_\_ stress.
- Let them move, and we \_\_\_\_\_ up our life energy (our \_\_\_\_\_ \_\_\_\_\_).

### AGAIN, LEVINE:

“

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

Enter the \_\_\_\_\_ of stored up anger/aggressive responses

( \_\_\_\_\_ memories) and the uncovering of \_\_\_\_\_ aggression.

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

- It is \_\_\_\_\_ for us to predict when we might have an emotional release, or have a \_\_\_\_\_ memory that wants to be de-activated (or re-negotiated).
- This is why it is essential that we build solid nervous system \_\_\_\_\_, grow our \_\_\_\_\_, and have tried and practiced \_\_\_\_\_ and \_\_\_\_\_ at our disposal.
- Because we might \_\_\_\_\_ 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 \_\_\_\_\_ experience.

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

### PHASE 2:

Discover what (if any) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ ... might be there, ready and waiting to be experienced, processed, expressed, integrated.

(PHASE 2 must \_\_\_\_\_ with PHASE 1)

Always maintain connection to \_\_\_\_\_ during these phases.



Personal Notes: