

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 preparation to _____ / _____, and it is that _____ that then makes you _____. Peter Levine took this one step further and added that the _____ itself also generates the same _____.

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"

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“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."

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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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“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:

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“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: