

RECALIBRATING THE BASIC AFFECT CIRCUITS

Before we begin reviewing your early experiences, we need to make sure your emotions are working the way they were intended to work – as sources of important information to help us learn what’s dangerous, what’s unfair, what’s connected, and more. They are there at the beginning of our lives. If you watch a new born baby, no one has to teach them how to feel. Many people have been taught to ignore feelings, and may even have learned that it’s not okay to feel some feelings, so they disconnect from their feelings. That’s like clipping the dashboard wires in your car, just because you get uncomfortable when you see a red light that says the engine is over heating. When that happens, there is often shame present about having other emotions.

Before we begin, let’s let everything that still needs to be reviewed (processed), past, present or future, go into your (name of the container) for now and remind yourself, “It’s okay to feel safe when I am safe,” by saying (name of their Calm/Safe Place). We’ll use BLS to help the process, and you can close your eyes if you want and notice the pictures that come. We’ll take one emotion at a time, and all you need to do is notice what the feeling looks like, and watch with curiosity, to see if the picture is changing or staying the same. When the picture stops changing, that means the emotion will be ready whenever you need it, and not when you don’t need it. We’ll clear the protective emotions first, because they need to be working well before we can fully experience the regenerating, life enhancing emotions. Let’s begin with ‘shame.’ What does ‘shame’ look like? (give them time to report what they see) Notice that. (add comfortably paced BLS, continuing sets until the client reports that the picture has stopped changing). The picture may become positive, neutral, or just stops changing. Repeat for each emotion in the sequence.

Do **NOT** use this procedure with highly dissociative clients unless you are trained and experienced in treating dissociative disorders

Protective Life-Preserving	10 → 0	0 → 10	Life-Enhancing, Regenerating, Connective
SHAME → remorse → guilt → regret			satisfied → pleased → proud →arrogant → PRIDE
Compassion → self/other pity → sorry for self or others → hurt/empathy → compassion			appreciative → thankful → beholden → Gratitude
Disgust → disdain			pleasure → enjoyment → Joy
FEAR → terror → fear → worry → concern			interest → anticipation →excitement → Curiosity/ SEEK
RAGE/Anger → anger → resentment → frustration → irritation → annoyance			like → love → in love → Love/ LUST
PANIC/Sad → anguish → grief → sorrow → sadness → disappointment			concern for → care for → connected → CARE
			PLAY

PROBLEM	SOLUTION
The client sees no image.	Usually is trying too hard. Remind them to just allow an image to be there. <i>Just notice while I read what this emotion does, and tell me whether an image comes to mind.</i>
The image doesn’t stop changing or become neutral.	Go to the next emotion and come back to this one later. Go through them as many times as necessary, until the essence becomes neutral and stops changing/developing.
They have made many connections.	Periodically bring them back to an image. <i>What does _____ look like now?</i> And continue until it stops changing.
They can’t observe from a distance and slide into the felt sense.	Teach the difference between being IN an emotion and looking AT an emotion. If they still slide into emotion, they may need to reset safety systems, <i>What does fight look like?</i> And <i>flight</i> and <i>freeze</i> .
If they still can’t observe an emotion from a distance, instead of feeling it.	They may need more work using ego state therapy or somatic resourcing before they can do this step.