



DR. JANET HRANICKY

**THE PLEASURE-FREEZE:
STRESS AND THE LOGIC OF EMOTIONS**

- The Hranicky “Pleasure-Freeze” Theory:
The Logic of Emotions and the Stress
Response

Emotional/Biological
Causal Chain

Cognitive
Behavioral
Causal Chain

Psychological
Causal Chain



Presentation Objectives

- To increase understanding of the “Logic of Emotions” & the “Stress Response”
- To define what stress really is so that refined protocols for treating it can be integrated into the healthcare system
- Describe specific patterns of predictable distress that correlate with an individual’s unique personality & provide specific personalized interventions for stress management.

Role Of PsychoNeuroImmunology in Health Care

- Numerous Research articles have been published since the early 1900s concerning the effects of stress and our response to it as extremely influential factors in determining our susceptibility and resistance to cancer, as well as to the course of disease and recovery.
- Research into the psychosomatic aspects of cancer has concentrated heavily on those areas which could be grouped under the heading of “resistance” or immunity to disease, on the premise that some kinds of psychological stress could adversely affect one’s immune capacity and through that mechanism bring about or encourage the development of cancer.

- In his book *PsychoNeuroImmunology* (1981), Ader collected a remarkable series of contributions from a number of key scientists which suggested that this science (which focuses on interactions of the nervous system, endocrine system, and immune system) has a serious root structure, and that a burgeoning of research in these areas was about to occur.
- The scientific results reviewed in Ader's book, as well as Locke and Hornig-Rohn's book. *Mind and Immunology* (1983), and cooper's book, *Psychosocial Stress and Cancer* (1984), were but a few of the references in the past few decades that showed us that the brain can influence many immunologic processes.
- The question that remains is how these three major networks of the body interact, and how, by understanding these interactions in precise quantitative terms, we can learn to predict and control them.

- Research in the new science of PsychoNeuroImmunology shows that the immune system is affected by various attitudes and emotional reactions in the human body. For example, the endocrine system weakens when there is a dominance of repressed, bottled up danger emotions such as pain, anger, and fear.
- It is stimulated as a result of increased expression of such positive emotions as pleasure and love. Evidence shows that our emotions and thoughts “talk” with the billions of defense cells in our immune system. The pioneering work to understand how this communication between mind and body takes place is just the beginning.

- Denied hopelessness is the emotional state that most often precedes the development of cancer. We experience hopelessness when we do not get our emotional and psychological needs met over long period of time. Because deprivation is a painful experience, we learn to protect ourselves by repressing and denying the pain, anger, and fear that are the real emotions associated with deprivation.
- We begin to give up unconsciously about ever getting what we really want. Eventually, we may completely lose awareness of our deep-rooted sense of hopelessness.

- Shifting from hopelessness to hope is an attitudinal, behavioral, and emotional process.
- Internalizing and attitude that “I’m entitled to pleasure,” and “I can get what I want in life,” reinforces this attitude so that my experience of beginning to get my needs met becomes real.
- Expressing more emotional pleasure produces a healthy physiological response.

The Logic of Emotions

- Emotions are not logical when judged by the logic of intellect. Emotions do not know good from bad. Emotions do not know ethical and moral from unethical and immoral. Emotions do not distinguish between time, place, person, or situation. These are valid systems of intellect, but not emotion.
- This does not mean, however, that emotions are random or haphazard in human experience. Rather, the logic of emotions is readily understandable through the concepts of emotional pain and pleasure.



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- An emotion is a total organismic response to an internal or external stimulus. The emotional response is biologically based and causes chemical reactions throughout the entire body.
- These chemical changes can be measured in the blood and in the urine, and these biochemical changes are what distinguishes emotions from feelings.
- Feelings are localized neurophysiological sensations of the skin or body, or long-standing thoughts; i.e., cognitive, conscious thinking processes.

- Emotions are biologically based total organismic responses which affect the autonomic nervous system and put in motions a major shift in the body's chemical reactions.
- An emotion is a biochemical response of the adrenals and other hormone-producing organs of the body, and the chemicals which are produced via the emotional response affect every part of the body.

- Emotions are the body's response to the fulfillment or deprivation of biological needs.
- When a person experiences or anticipates deprivation of needs, he/she experiences emotional pain.
- Emotional pleasure can be defined as the experience or anticipation of need fulfillment, and emotional pain as the experience or anticipation of deprivation.
- Emotional pain and pleasure at the cornerstones of all human emotional response and form the basis for the logic of emotions.

The “Pleasure-Freeze” Theory

- The normal and healthy organism will move toward emotional pleasure (comfort) and away from emotional pain (discomfort).
- Emotional pain is experienced when needs are not being met and the person experiences or anticipates deprivation.
- Experiencing or anticipating deprivation signals the person of danger and readies him remove the threat.
- Emotional pleasure is experienced when there is gratification of psychological, emotional, physical, and spiritual needs and desires.

- While experiencing a state of emotional pleasure/comfort, the parasympathetic nervous system is cathected (engaged), and the person's body experiences chemical changes which create a state of physical ease mixed with normal levels of excitement (unfolding growth potential).
- Optimal physical health occurs in this state.

- When a person's sources of pleasure are blocked or are perceived as blocked, the natural "movement toward" process becomes unavailable.
- The natural pursuit of emotional pleasure will not occur, and the person will instead "freeze" that desire rather than discharging it.
- This "pleasure-freeze" sets up a physical and emotional state of tension that can adversely affect our health.

- An emotional healthy person would move away from emotional pain, but this is impossible if emotional pain is being produced by a mechanism such as the “pleasure-freeze,” which is itself also a mechanism protecting against another source of pain.
- Here the alternatives in action are “pain,” or “pain,” and the only possible relief lies in “freezing”—choosing neither—thus creating a potential cycle of pain.

- As a person continues to experience emotional pain which cannot be discharged, he/she will remain “stuck” in an overly catabolic state with a “switched on” sympathetic nervous system.
- This highly catabolic state is meant to be used only in emergencies, for limited periods of time, and an indefinite prolongation of it exhausts and drain the body’s energies.
- Since survival responses (danger signals) take precedence over pleasure seeking responses, however, he/she is forced by evolutionary physiology to remain attentive to those perceived danger until they are removed.

THE "PLEASURE-FREEZE"

NEED FOR PLEASURE

NEED UNMET (DEPRIVATION): PAIN MIXED WITH PLEASURE

AVOIDANCE "HOLD BACK" RATHER THAN MOVE TOWARD PLEASURE

EMOTIONS HELD RATHER THAN DISCHARGE "PLEASURE-FREEZE"

TENSION

LONG TERM STRESS: EXPECTATION OF LACK OF PLEASURE

HOPELESSNESS, PESSIMISM, DESPAIR



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- On a unconscious level, a person can begin to learn to tolerate a higher level of dissatisfaction and begins to “hold back” rather than “move toward” pleasure.
- The accompanying repression of emotions allows them to cope with an emotional environment which would otherwise be painful, fearful, or constantly anger-producing as he/she experiences a constant state of low-level deprivation.

- This sets up a long-term coping style of resignation in which emotions are “frozen,” the physiology is overly catabolic (sympathetic nervous system cathected but not released), and the body is in a state of chronic tension, or long-term stress.

- This resignation is a natural result of experiences in which pain (deprivation) cannot be avoided or pleasure (gratification) is unattainable, either because needs are not answered (“you don’t really need that”) or because pleasure is mixed with pain (“I’ll give you what you need, but I’ll suffer as I do; I’ll do it for you, but you really shouldn’t need it.”)



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- This chronic “freeze” position creates an ongoing catabolic state which has specific chemical and physiological components, creating an environment conducive for the development of cancer.
- In the body’s attempt to create balance, it could be theorized that anabolic tendencies are eventually shifted to the rapid growth of cells not part of the normal, healthy growth process—i.e., the creation of cancer cells.

- This shifting may not occur until the person has been overly catabolic for many years. Once it occurs, however, the person becomes simultaneously highly catabolic (sympathetic nervous system cathected) and anabolic (rapid growth and development of new cells).
- This physical simultaneously of opposites mirrors perfectly the psychological “freeze” which instigates it, with the person simultaneously not moving toward pleasure and not moving away from pain and danger.



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- Bonding is a biological need.
- Deprivation of bonding causes emotional pain/physical symptoms. Failure to “Thrive” (marasmus in infants).
- Healthy expression of emotions requires “Trust” which is developed in healthy connected relationships.

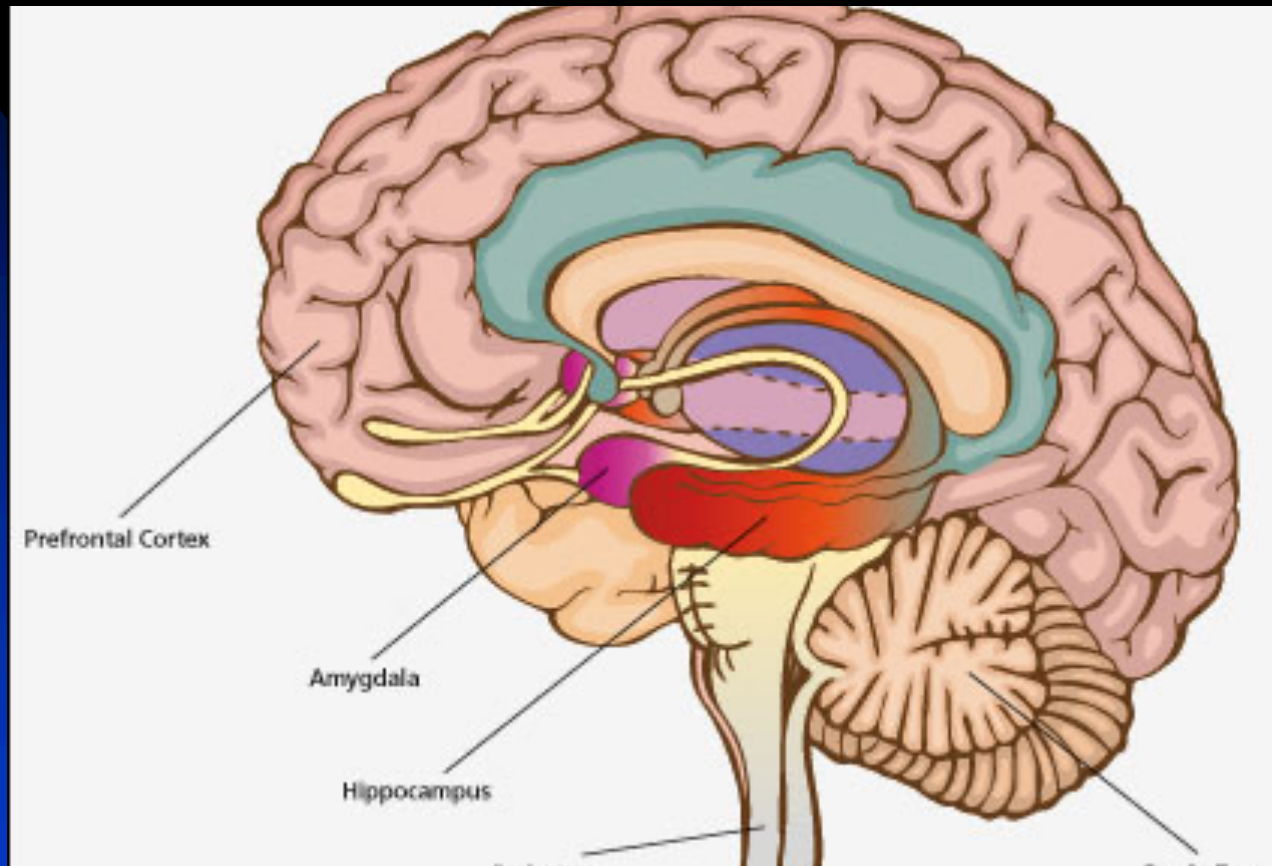
A Scream Away From Happiness

By Daniel Casriel

- Emotional pain, anger & fear are biologically based danger emotions
- Unhealthy attitudes based on repressing one's need for love and pleasure not being met are easier to change when the emotions are expressed that they are grounded in.

Limbic System

- The amygdala is an almond shaped mass of nuclei located deep within the temporal lobe of the brain. It is a limbic system structure that is involved in many of our emotions and motivations, particularly those that are related to survival. The amygdala is involved in the processing of emotions such as fear, anger and pleasure. The amygdala is also responsible for determining what memories are stored and where the memories are stored in the brain. It is thought that this determination is based on how huge an emotional response an event invokes.

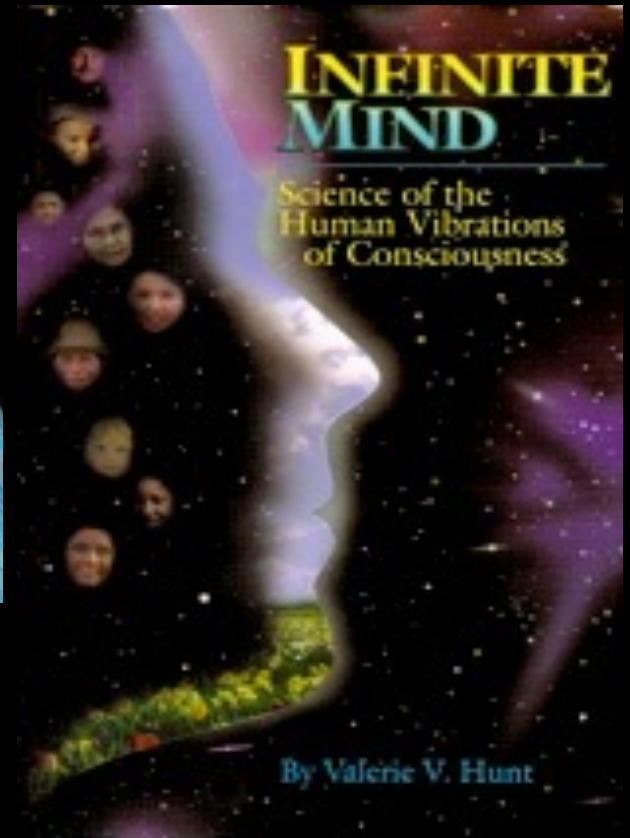




“The Mind Isn’t in the Brain” -Dr. Valerie Hunt

- *Billion Brain Cells, 3 lbs in Weight, 20 -25% of Our Total Energy Budget Goes on Running Our Brains, Total Cells in Body: 60-90 Trillion (If Lined Up Would Circle the Earth 4.5 Times).*
- Nervous System: Millivoltage / BioEnergy Field: Microvoltage
- Emotions Provide Organization for the Mind Field
- Stress: Result of Conflict of Emotions
- **Material Physics:** Energy Is a Term to Express the Power to Move Things
(Emotions Are Energy in Motion)
- **Quantum Physics:** Information From a Distance in Quanta Which is Like a Package of Non-Random & Organized Information

Science of the Human Vibrations of Consciousness



Serious Incurable Disease: Always Represents Emotional Conflict of the Soul

- **Primary Emotions are Patterned
in Our BioEnergy Field to
Protect Us**
- **We Program Our Field to Protect
Us**
- **We Establish Belief Systems to
live Easier Based on Cultural
Patterns**



- Restructuring unhealthy unconscious attitudes requires reprogramming conscious thought patterns “frontal lobe” and rewiring old emotions “limbic” brain so that neuronal coherence is achieved
- Rewiring these patterns in the brain successfully can be achieved in 8-10 weeks with consistent treatment intervention.

Rewiring the Brain: Neuronal Coherence



Ed Gilbert, M.D.
Medical Director,
Simonton Cancer Center

Creative Expression of The Soul

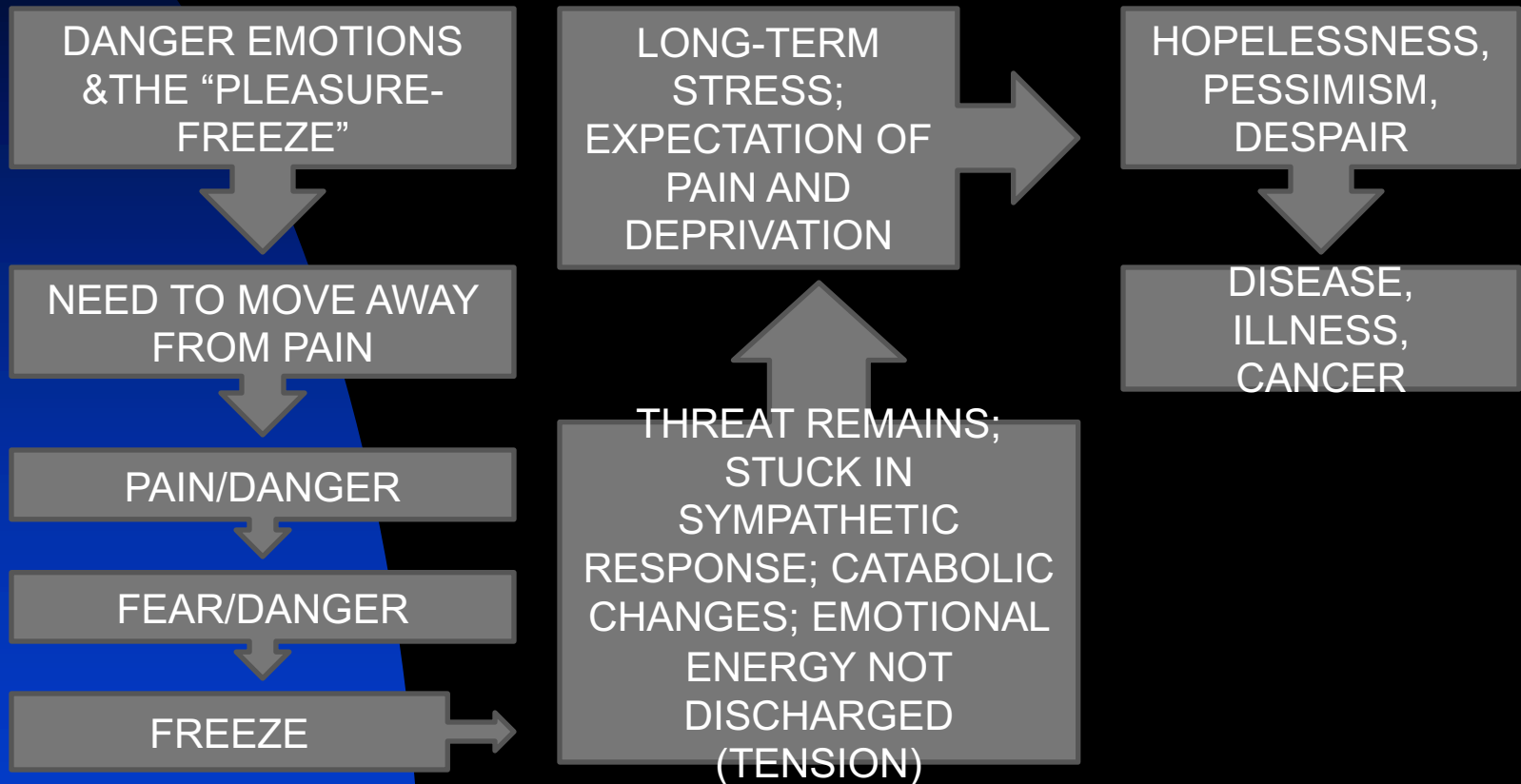


“ *Creative Expression of the Soul* signals *Emotional/Physical Safety* & reinforces *Neuronal Coherence* by decreasing “stress” in the Amygdala, a Limbic System Structure.

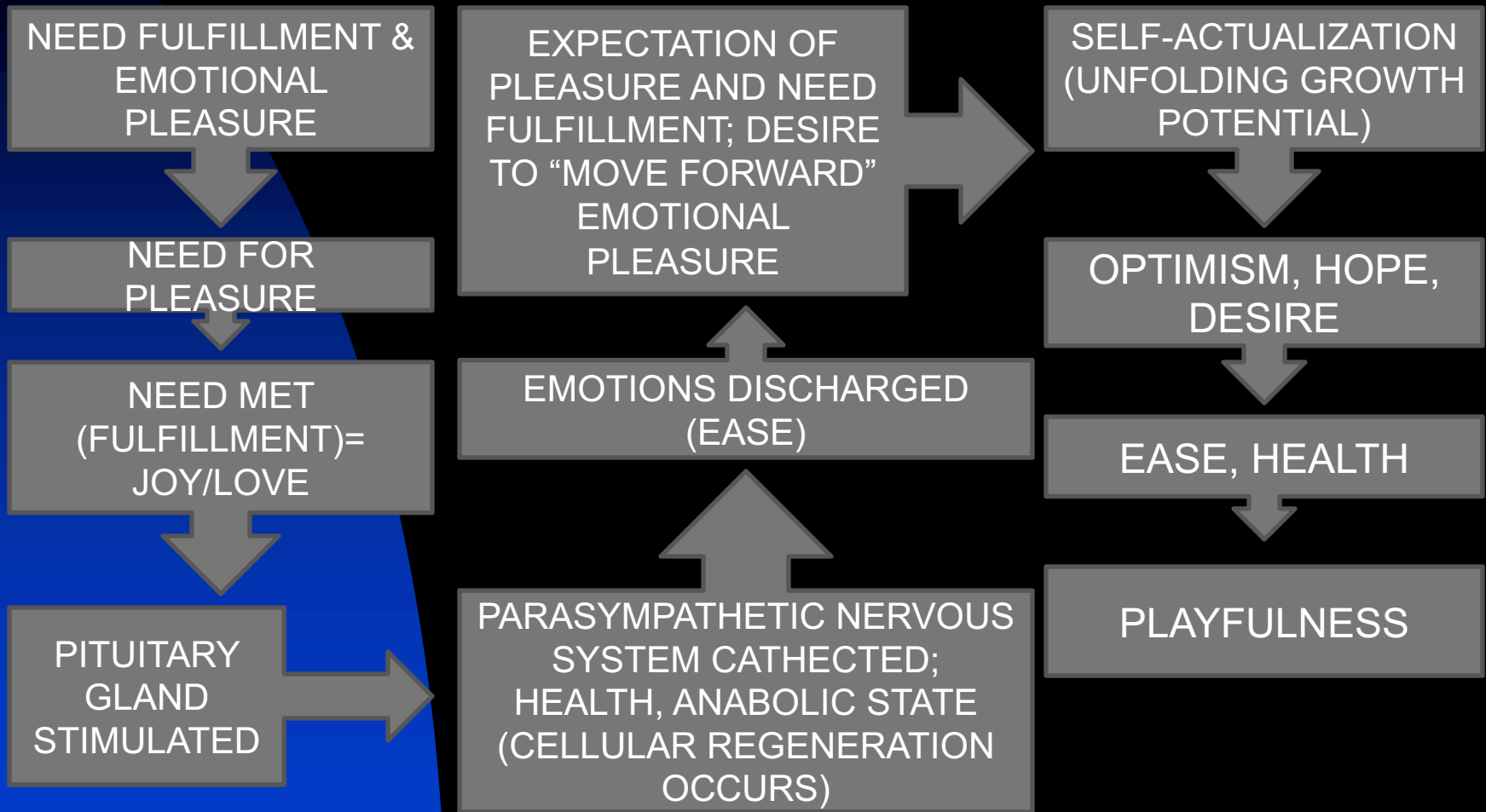


Rewiring the pathways in the Brain requires conscious neuronal firing of new attitudes to be coherently wired in sync with the emotional pathways connected to the primitive Amygdala .” – Ed Gilbert, M.D.

The “Pleasure-Freeze”



Need Fulfillment & Emotional Pleasure





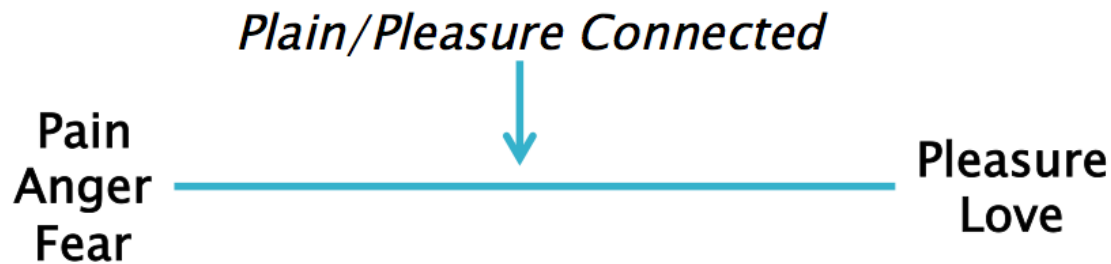
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The Emotional Logic of Hopelessness and Hope




We move away from pleasure and love when we experience and believe that pain is connected to them, and then we get stuck in prolonged pain, anger, or fear as a result:

Danger emotions signal need to change.

We naturally move towards what we feel.



The Emotional Logic of Hopelessness and Hope

When we perceive that we are in emotional or physical danger, or we are in emotional deprivation.		We feel and feel more of the same when we experience and expect our need to be satisfied.
		
Prolonged expectation of danger or deprivation.		Expectation of pleasure and love or needs satisfied leads to <i>hope, optimism</i> .
		
Leads to emotional <i>hopelessness</i> .		



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Role of Emotions & Stress

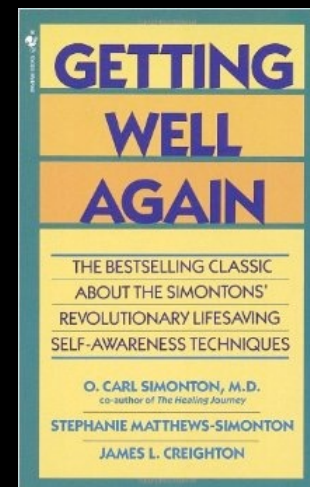
- Denied hopelessness is the emotional state that most often precedes the development of cancer and other chronic life threatening illnesses.
- We experience hopelessness when we do not get our emotional and psychological needs met over a long period of time. Because deprivation is a painful experience, we learn to protect ourselves by repressing and denying the pain, anger, and fear that are the real emotions associated with deprivation.
- We begin to give up unconsciously about ever getting what we really want. Eventually, we may completely lose awareness of our deep-rooted sense of hopelessness.
- Shifting from hopelessness to hope is an attitudinal, behavioral, and emotional process. Internalizing the attitude that “I’m entitled to pleasure,” and “I can get what I want in life,” reinforces this attitude so that my experience of beginning to get my needs met becomes real. Expressing more emotional pleasure produces a healthy physiological response.

Simonton Model: Getting Well Again

- If a person is suffering from cancer, he/she is also suffering from serious emotional problems.
- The mind and body are unified, and because of this, physiological and psychological stresses are continually influencing one another.



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The Simonton's identified four steps of a psychological process that frequently precedes the onset of cancer:

- Experiences in childhood result in decisions to be a certain kind of person.
- The individual encounters a cluster of stressful life events.
- These stresses create a problem with which the individual does not know how to deal.
- The individual sees no way of changing the rules about how he or she must act, and so feels trapped and helpless to solve the problem.

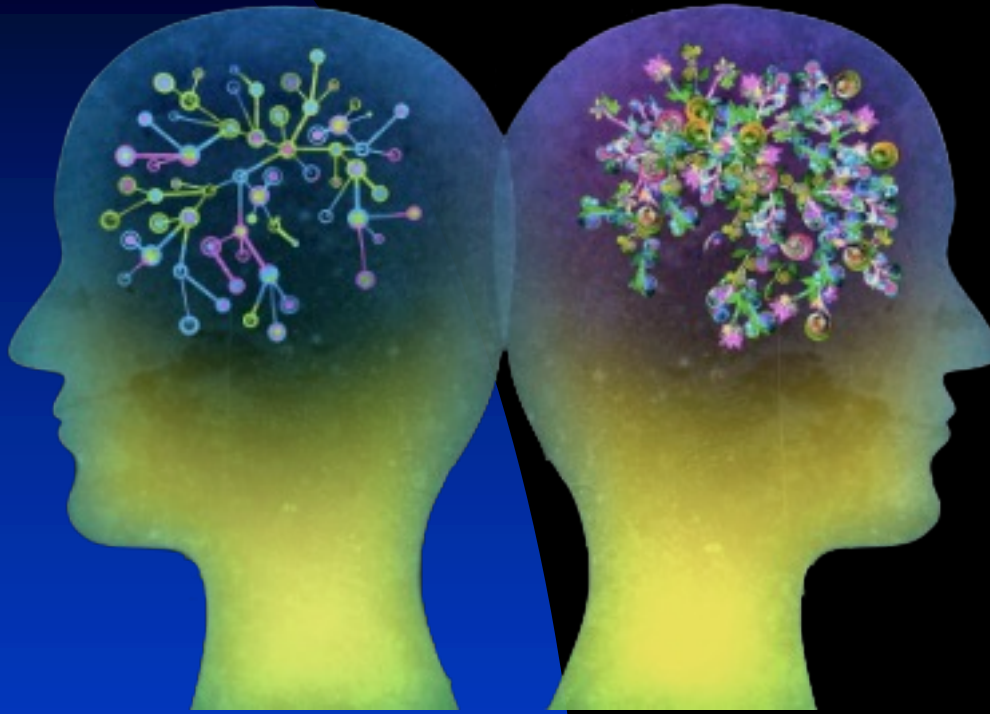
The Simonton's also observed four psychological steps that occur in the upward spiral of recovery:

- With the diagnosis of a life-threatening illness, the individual gains a new perspective on his or her problems.
- The individual makes a decision to alter behavior, to be a different kind of person.
- Physical processes in the body respond to the feelings of hope and the renewed desire to live, creating a reinforcing cycle with the new mental state.
- The recovered patient is “weller than well.”

-Simonton, O. C., Simonton, S., Creighton, J.L., Getting Well Again
Los Angeles: J.P. Tarcher, 1978. Print

Bonding, Emotional Expression & Attitudinal Expression

- Bonding is the emotional/biological need for physical closeness coupled with emotional openness
- Expression of biologically based emotions of love & pleasure & danger emotions of pain, anger & fear
- Attitudinal Restructuring:
 - “I’m Entitled to Pleasure Without Pain.”
 - “I’m Good Enough Just the Way I Am Without Having to be Perfect.”
 - “I Exist”
 - “I’m Loveable”
 - “It is Ok to Have Needs”
 - “All of My Emotions are Ok.”



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STRESS, PSYCHOLOGICAL FACTORS AND ILLNESS

- The link between stress and illness was first conceived by Hans Selye, an endocrinologist at the University of Prague in the 1920s, who was later Director of the Institute of Experimental Medicine and Surgery at the University of Montreal.
- He discovered that chronic stress frequently produces hormonal imbalances, a critical factor in regulating body functions.
- He further discovered that it suppresses the immune system, preventing it from engulfing and destroying cancerous cells (1956).
- When the physiological response to stress is not discharged, usually due to social structures against fighting or expressing emotions, tissue destruction results, providing conditions similar to those under which abnormal cells occur and spread (Selye, 1956, pp.151-152).



THE CAUSAL CHAIN TO PSYCHOLOGICAL STRESS

- Deprivation of emotional/biological need for bonding
- Long-standing conscious/unconscious beliefs that generate chronic levels of the danger emotions:
PAIN, ANGER, FEAR
- Unmet unique Psychological Needs that correlate with one's Personality structure

THE CAUSAL CHAIN TO PSYCHOLOGICAL STRESS

Chronic deprivation—unmet psychological needs—which manifests in mild to severe distress. Tendency to repress or bottle up these emotions (detach from feeling them altogether).

Consistent thought patterns that keep regenerating these danger emotions. People with cancer tend to have: “photographic emotional memories—the ability to recall details of past memories in “living color” and recreated past pain of that pain is experienced in the present—and they experience self in present danger.

(Cancer-prone) body responds as if in real danger—and our basic nature is to avoid pain.

Sympathetic nervous system is activated to respond to danger.

Danger doesn't go away, since long-standing beliefs maintain one's perception that danger exists.

Hopelessness on an emotional level results from the prolonged experience of being in emotional pain—without a way to escape.

Prolonged activation of the sympathetic nervous system “fight or flight response” triggers other biochemical responses that affect or suppress the normal activity of the immune and neuro-endocrine systems. (For example, recall the mechanisms involved in the exhaustion stage of Selye's General Adaptation Syndrome.

Cognitive Behavioral Causal Chain of Emotional Response

A Circumstances		B Beliefs		C Emotions
		↓		
		Create a superior belief system.	→	Result: A superior emotional life.

How do I know which of my beliefs are the healthiest to keep?
EVALUATE THEM.

EVALUATE YOUR BELIEFS

- To evaluate some of your beliefs, use the following criteria.
- **Superior Beliefs:**
 1. Empower you.
 2. Support your health, well-being, and longevity.
 3. Protect your survival.
 4. Test well in reality (factually based).
 5. Give you energy.
 6. Engender more self-love and love for others.
 7. Lead to greater pleasure and less pain, anger, and fear.
 8. Add value to others and to our planet.

EVALUATE YOUR BELIEFS

- How do your beliefs test out?
 - ◆ If you are uncertain as to where to start in analyzing your beliefs, start with your most routine emotional responses that characterize you and work better.
- For example...
 - ◆ *If I routinely feel sad, then what causes me to be sad?*
- Answer is:
 - ◆ *My beliefs about something in my life...*
- And example of a belief that could create sadness might be: “I don’t believe that I am loved just for being me.”
- The next step would be to evaluate this belief using the eight criteria mentioned above.

Managing Stress Successfully Short Term:



- *Requires balancing the amount of undesirable change with desirable change in our lives*
- *Designing our lifestyles to match who we are*



Managing Stress Successfully Long Term:

- *Requires adopting healthier beliefs so that we are not perpetually programming our bodies that we are in constant danger.*
- *Expressing desirable emotions more effectively.*

Managing Stress Successfully Long Term: (Cont.)

Ways to interrupt Patterns : To change your limiting beliefs (or to change any belief):

- 1) Identify the Disempowering emotion. For example, fear or anxiety.
- 2) Identify the limiting Belief. For example, *“I can't get well.”*
- 3) Determine the experiences or past references that support the unwanted or disempowering belief. For example *“My Doctor told me that I would only live six months, and I know two other people who have the same diagnosis and they are doing well.”*
- 4) Use questions, statements, stories, or metaphors of counter-examples to create doubt about the remaining experiences, and thus about the belief. Who are some people I could meet who have a similar diagnosis and are doing well?

Managing Stress Successfully Long Term: (Cont.)

- 5) Demonstrate to yourself how the belief violates your efforts to reach your short-and long-term goal (thus violating your senses of personal power).
- 6) Make a commitment to change the belief.
- 7) Practice the new belief with consistency.
- 8) Anchor your new belief by reinforcing it, and creating a new experience.
- 9) Create a new experience that violates past beliefs, using your personal power.

Psychological Causal Chain of Stress



- By understanding the concept of Psychological Needs and how they relate to the process of an acute stress response as well as a chronic stress response, we can begin to identify specific steps for intervention to maximize one's recovery potential

Process Communication Model™

Dr. Taibi Kahler

The Process Therapy Model: The Six Personality Types with Adaptations

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Key to Stress Profile® - New Technology in Stress Management

- The Key to Stress Profile® accurately correlates an individual's Psychological Needs with their personality structure.
- The Model shows how we will predictably move into distress symptoms, and what these are, when we are not getting our primary Psychological Needs met consistently.
- Dr. Kahler's Personality Pattern Profile will help one recognize the patterns of their warning signs of distress that first get expressed in ineffective & undesirable communication styles & sabotaging behavioral patterns.

- The Kahler Stress Profile accurately correlates an individual's Psychological Needs with their personality structure.
- The Kahler Model shows how we will predictably move into distress symptoms, and what these are, when we are not getting primary Psychological Needs met consistently.
- By understanding the concepts of Psychological Needs and how they relate to maximize one's recovery potential.

The four steps to managing stress effectively so that you can maximize your recovery potential:

- **Step 1: Knowing who you are and what motivates you.**
- **Step 2: Recognizing your personal warning signs of stress: 1st, 2nd, and 3rd degree distress symptoms.**
- **Step 3: Understanding the roadmap of your stress process and how to reverse the pathways.**
- **Step 4: Designing your lifestyle success formula to match who you are with what motivates you.**

- What may be stressful for one person may not be stressful for another.
- Even if many things are going well in a person's life, if they are not getting their unique Psychological Needs met, they will experience predictable distress.

When a person looks back on the time period of a year or two before their diagnosis, they may notice one or two of the following things:

- **They might not have been having as much fun.**
- **They might not have been feeling loved and appreciated.**
- **They might not have thought that they got enough acknowledgment for their work.**
- **They might not have experienced enough positive thrill and excitement in their life on a regular basis.**
- **They might not have had enough of a sense of inner peace and solitude.**
- **They might have believed they were betrayed or involved with people or companies that did not share their beliefs and values.**

Different Personalities Approach Getting Well in Different Ways

- The way that you approach your recovery process reflects your thinking or perceptual style, which is correlated with your personality structure.
- The process of how you think can be predicted when you move into distress.
- If you stay in distress over a long period of time, you may find that getting well seems difficult by the way you are perceiving it.
- If you want to approach your recovery with more ease, then it is important to meet your primary psychological needs that correlate with your personality structure.



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Your Unique Psychological Needs:

- Knowing who you are and what motivates you?
 - ◆ Playfulness
 - ◆ Solitude
 - ◆ Organization/Routine
 - ◆ Achievement
 - ◆ Commitment
 - ◆ Excitement
 - ◆ Emotional Connectedness
 - ◆ Stimulation of Senses

Recognizing the Three Degrees of Distress

- 1st Degree Distress behaviors are early warning signs that you are beginning to slip into self-defeating behavior in general—and more specifically, you are slipping into self-defeating behaviors as they relate to getting well.
- 2nd Degree Distress behaviors are failure indicators that invoke negative thoughts and emotions about ourselves or others, and they occur when you stop being in charge in general—and specifically stop being in charge of your recovery process.
- 3rd Degree Distress behaviors come from a futility position and indicate that you have given up, fallen into the “pity pit,” and feel like a hopeless loser. For example, in the process of getting well, you might catch yourself saying, “It’s useless.”

1st Degree Distress

- Early warning signs that lets a person know that they are moving into a distress pattern that is unique to their personality.
- These subtle behavioral signals are called drivers.
- There are 5 drivers:
 - Be Perfect
 - Be Strong
 - Try Hard
 - Hurry up
 - Please

Warning Signs of 1st Degree Distress

- Focus on Process Rather than Content:
 - Notice your tone of voice, posture, gestures, facial expressions, energy, and feeling of well-being.
- Over Adapting
- Confusion
- Critical of Self
- Critical of Others
- Focusing on What is Wrong
- Expecting Self to Be Perfect
- Trying Hard: Sense of Struggling

Viewing Recovery Process: 1st Degree Distress

- If you are in first-degree, distress, you may notice that you begin to approach your recovery process from a particular driver that correlates with your personality type and phase. You will most likely perceive that the way for you to get well is:
- I want to do everything that “they” tell me I should do to get well. I don’t want to let my family/doctor/etc., down.
- There is a right way for me to get well, and I have to find that right way and do the right things perfectly.
- I believe that I can only get well if everything works the way it should and people do their jobs right.
- The way for me to get well is to stay strong; other people depend on me.
- I am trying hard to get well. I am giving it my best shot.
- Time is running out. I have to think about me first; other people will have to care for themselves. I have to hurry up and get well. Be strong—I do not need other people.

Warning Signs of 2nd Degree Distress

- Blaming Self
- Blaming Others
- Attacking from a Righteous Position:
I'm ok, you're not ok

Viewing Recovery Process: 2nd Degree Distress

- If you are in 2nd degree distress you may find that you are:
- Drooping and worrying a lot about your recovery. For example, you may confuse yourself as to how you are going to get well.
- Blaming others for being sick in the first place or for your recovery process not going the way it should.
- Attacking others around issues related to your recovery, such as the way your treatment is being administered, etc.

Warning Signs of 3rd Degree Distress

- Futility and Hopelessness:

“I can't get what I need”

Viewing recovery Process: 3rd Degree Distress

- Your thoughts will focus on despair:

For example, “getting well is hopeless...” or “it’s no use...”

Personalized Stress Management



- Designing your lifestyle success formula to match who you are and what motivates you.
- There are certain environments and situations which provide you the maximum opportunity to demonstrate your full ability to manage stress successfully. The more successful you are at finding or creating situations that suit your personal success dynamics, the easier it will be for you to generate positive energy, manage stress effectively, and maximize your recovery potential!

Emotional well being is essential to improving quality of life.



- In Mind/Body Medicine, the emotional status of an individual is viewed as importantly as their physical status.
- “How” someone is feeling emotionally has everything to do with their physical prognosis, their energy for healing, their pain level, etc.
- In Mind/Body medicine, emotions are viewed as revealing the state of consciousness of a person.
- Changes in consciousness can shift the bio-energy field which can influence health.

Reducing Emotional Distress And Improving Quality of Life

Emotions and Health are Connected. Getting well requires changing the way you feel and expressing your emotions on a regular basis.

Denied hopelessness and despair precede serious illness. Repressing emotions over a long period of time is associated with unhealthy physiological changes.

Changing hopelessness and despair to hope and excitement about life are essential changes for an individual to make emotionally.

Changing patterns of repressing and denying our emotions to effectively feeling and expressing our emotions in healthy ways is necessary in getting well.

Reducing Emotional Distress And Improving Quality of Life (Cont.)

Knowing how to feel better consistently is mandatory to recovery.
How do you feel better? How do you feel the way that you would ideally like to feel? The answer is:

You have to understand how your emotions work... and the develop strategies to practice , strengthen, and expand the range of your desired emotions.

Strategies for emotional mastery:

How to increase vitality, energy, and optimal health.

The role of conscious communication, supportive relationships, and effective coping styles in long term treatment success.

“When a Feeling Connects with a Thought, an Emotion is Created.”

- The power to change your mind about how you view things gives you the ability to change your emotional state and health. Again, as outlined above, to make changes - we must first attach or perceive a different and better meaning to life events. In simple language: “Pick a better thought that gives you more emotional relief and that feels better.” Did you know that: about 98-99 percent of your stress responses are not activated by real danger but are because you’re in “perceived” danger?

Topics of Discussion

- The Mind/Body Connection in Getting Well:
 - stress, secondary gains, and the psychological meaning of Illness
- Evoking the human Healing Response.
- Getting well consciously
- Consciousness, Energy, and Optimal Health

Strategies for Success

- Evaluation of Beliefs for relevant Health Value: How to Align your Beliefs with Your Desires to Allow Well Being
- Tapping into Inner Wisdom and Your Power of Instinct to Guide Your Decisions
- Modeling Success: Exuberance, Resiliency, and Vitality
- The Decision to Get Well: Designing a Complete Destiny with Purpose

Decision to Get Well

- *We have observed that an important enhancement in self-healing seems to occur right when the patient makes the decision to get well.*
- *Visual imagery involves using your imagination to create pictures in your brain that communicate emotional safety, comfort, and pleasure so that your body can shift into a relaxed state where healing can occur.*



Step 1:



Creating a meaning about yourself that supports you and empowers you is the first step in getting well.

Step 2:

- The second step in getting well is to master your ability to direct and control the state of your physiology and emotions. This will be a natural outgrowth of Step 1. You will feel better as a result of evaluating your current situation more effectively.
- When you feel better physically and emotionally, it is much easier to visualize yourself in an optimal state of being-well. Therefore, practice daily getting yourself into an empowered state, to whatever degree you can begin with and then go to Step 3.

Step 3:

- This involves making the conscious decision to get well. This will cause your brain to change what you focus on. The quality of our life at any given moment is determined by what we are focusing on. The quality of our health at any given moment is dramatically influenced by the quality of our life (or by what our brain is focusing on).
- The quality of your life has nothing to do with what is going on around you; it has everything to do with how you evaluate things.
- The people who are most successful in staying consistently well, have the ability to evaluate things more effectively.

Step 4:

- Practice daily asking yourself better questions. Your brain is like a computer; it will give you information on whatever you ask of it. Notice the questions that you are asking yourself in the past that have caused you to be in a lousy state. What would be some questions that you could ask yourself about your current challenge of getting well that would make you feel great no matter what else was going on.
- What you focus on determines the quality of your life and health. Asking better questions daily forces your brain to make better evaluations. How you evaluate things is going to determine how you feel and what you do.

Step 5:



- This requires you to hold specific images daily of what you want—not of what you don't want. Reality follows image. Many people spend much more time during the day thinking about the things they are afraid of that might happen, rather than focusing specifically on what they want.
- The body does not know the difference between real or imagined danger. When our minds hold pictures or images of perceived danger, the body gears up for a survival response. When we continually hold images in our minds that create pain, anger, or fear, our bodies remain in an overly activated defense response which eventually drains us of our energy and can actually get in the way of our survival.

Step 5: (Cont.)

- Many people with serious health concerns have highly developed photographic memories; that is, they have the ability to recall in detail past memories and visualize them in living color. Our research has shown that there is a tendency for our patients to hold more pain-related memories and to relive them over and over. Since the body does not know the difference between real or imagined danger, it will gear up for a survival response when there is a perception of ensuing danger.

Beliefs are Optional

- Our beliefs are optional. To activate your healing system, activate healthy beliefs! Transformational vocabulary: if you eliminate some of the negative words in your vocabulary, you will begin to eliminate some of the unhealthy beliefs often associated to negative and painful emotional experiences.
- Change the way you view your personal history. Give better meanings to your past, and you will give different and more optimistic meanings to your future – and an empowered belief system for the future= increased hope and faith. Practice paying attention to what you focus on and what you ignore. The process of framing can help you learn how to change the meanings of situations of life.

Pre-Framing & Re-Framing

- Pre-framing: tell yourself something to pay attention to that is desirable in advance, and “how” you want to feel with the outcome of a situation.
- Re-framing: change something that you view as a “problem” to something with a better meaning. Create new experiences so that you have references for your empowered beliefs.

Resilient Emotions & Optimal Health

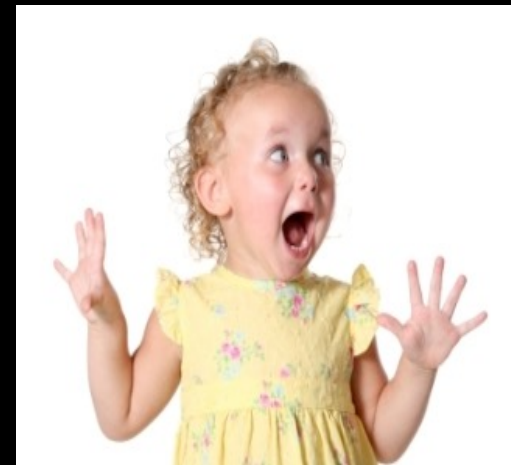
- *To create optimal health and energy consistently, we must hold images that produce excitement, love, and pleasure. We then go get what we focus on. Choosing what to focus on daily takes practice and commitment. The result can be very gratifying as our emotions and energy become more vibrant and heightened.*
- *If you are in the process of getting well from an illness, visualizing recovery is possible, which in turn help to strengthen hope. Optimism and hope produce energy, which is vitally needed in the healing process.*
- *Since disease is often a symptom of the body-mind's attempt to solve a problem, this section provides a transformational experience in how to expand beliefs about living life that will create new options in problem-solving and thus new options in health.*

Strategy for Getting Well

I'm so excited.



- **My Psychological Work in Getting Well is:**
 - ◆ To open up to pleasure without emotional pain.
 - ◆ Express any old emotional pain, anger, fear that is getting in the way of my feeling love and pleasure.
- **Believe:**
 - ◆ I'm entitled to pleasure without pain. I'm lovable.
 - ◆ I'm good enough, without having to be perfect.
 - ◆ I need. My needs are real, and therapy important.
 - ◆ I feel. And all of my emotions are okay.
- **Practice:**
 - ◆ Taking in love and pleasure. Expressing emotions.
- **Strengthen Beliefs:**
 - ◆ I have all the time I need to make the change I want to make.
 - ◆ I have everything I need to get well.
 - ◆ As I enrich my life, my health will improve, my body's defense system will be enhanced, and my recovery potential maximized.



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