

HOW IT WORKS

Nature of Emotion

Temporary, response to perception of the moment

Provides overall assessment of current situation

All humans, many animals experience same emotions

Physical experience - involves movement in muscles

One piece of information

Kinds of Emotion

Natural Emotion
response to perception of the moment

Shaping Emotion
attitude/motivation

Conceptual Emotion
response to thought

Structural Emotion
response to built up tension resulting from trauma and/or habit

WHAT GOES WRONG

Anxiety

Build-up of tension

Numbness

Resisting emotion builds physical tension

Insensitivity

Emotional Recycling

Blocks full experience of emotion

Inability to cry fully

loss of energy

Reactivity (sunburn)

Anger problems

Depression

Low frustration tolerance