

Breaking Emotional Feedback Loops with Hypnosis

Real Title:

Compassion

Loving-kindness

Forgiveness

--The pathway to healing--

Breaking Emotional Feedback Loops with Hypnosis

- Concept I: Shame Definition
- Concept II: Emotion Communication
- Concept III: Feedback
- Concept IV: Love is Opposite of Shame

- Principles of Healing Shame
- Hypnosis to Heal Shame

Concept I: CRAP generates Shame

Shame is the emotional complex that happens when a person is treated with:

Contempt

Rejection

Abandonment

Put Downs

Examples of Shame

- Marital Fights
- Insults
- Vengeance
- Getting Cut Out of a Group
- Internet Dating

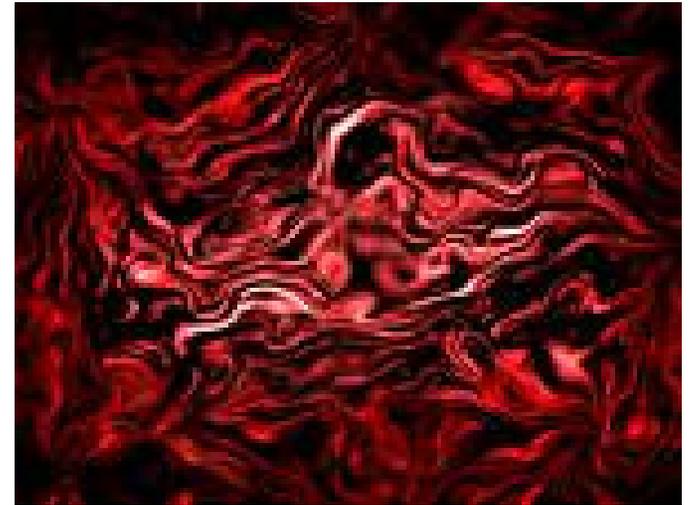
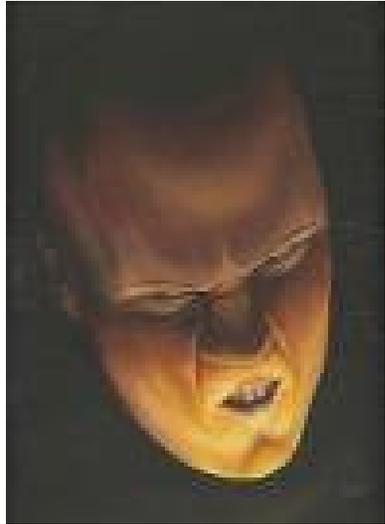
Concept II: Emotion Communication

We communicate emotions better
than we communicate ideas.

Emotion Communication

When one person has an emotion, they do and say things and a similar or related emotion happens in another.







Actions That Communicate Shame

Contempt
Rejection
Abandonment
Put Downs
...

Actions That Heal Shame

Respect
Acceptance
Warmth
Affection

...

**Note: Compassion, loving-kindness,
and forgiveness.**

Concept III: Feedback



Feel Good



Feel Good



Feedback is Often Triggered by External Events

External Events

e.g.

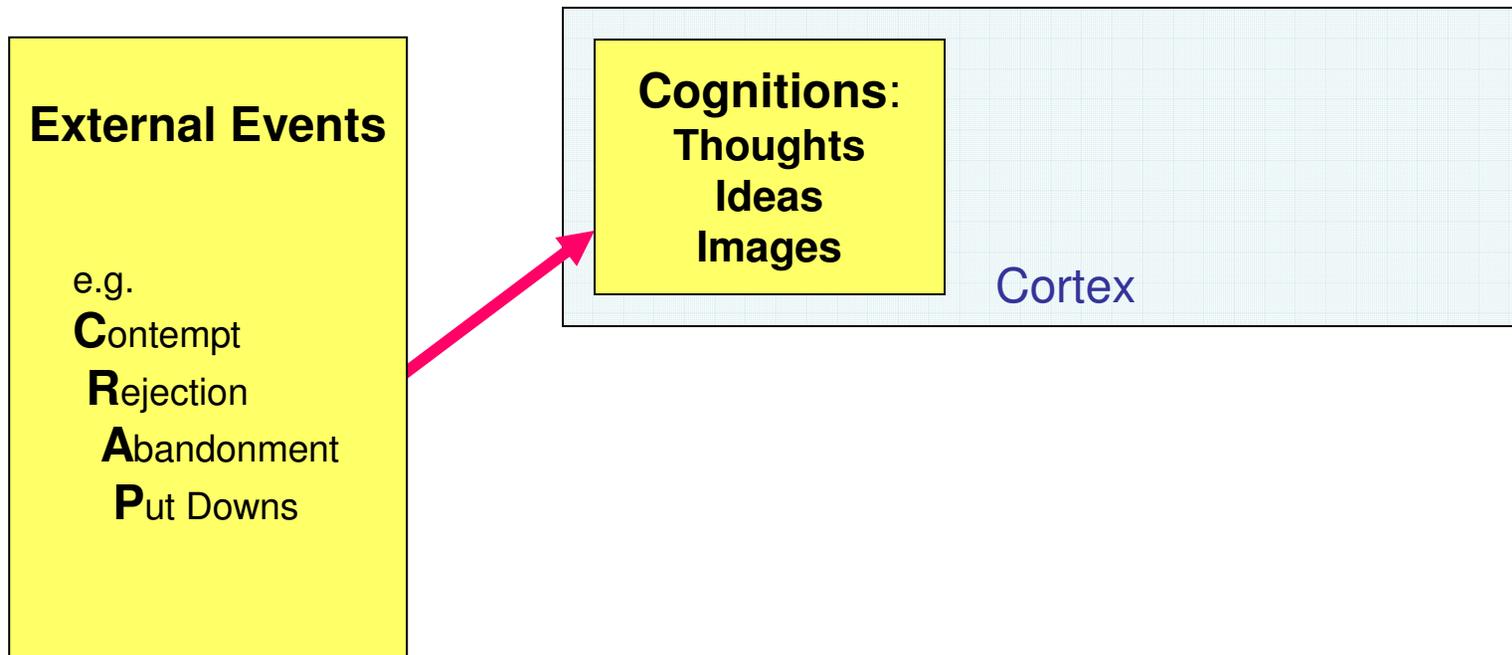
Contempt

Rejection

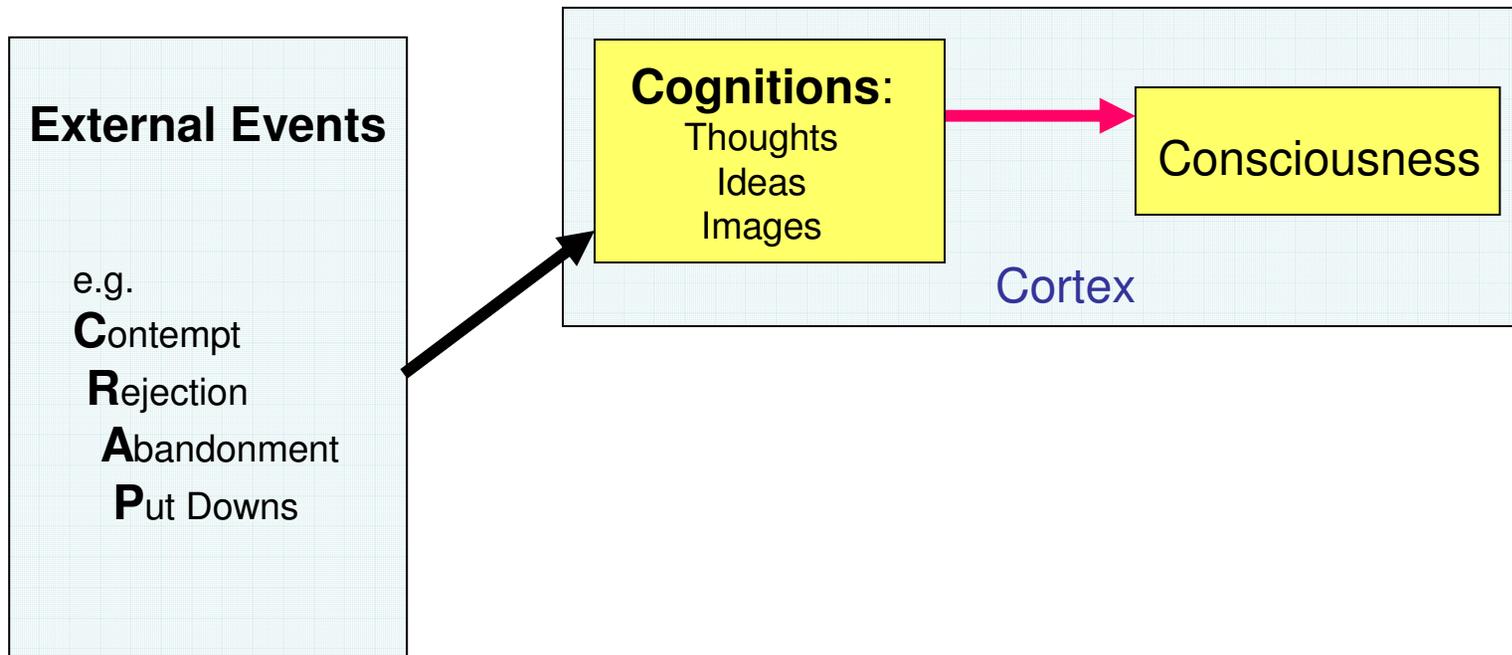
Abandonment

Put Downs

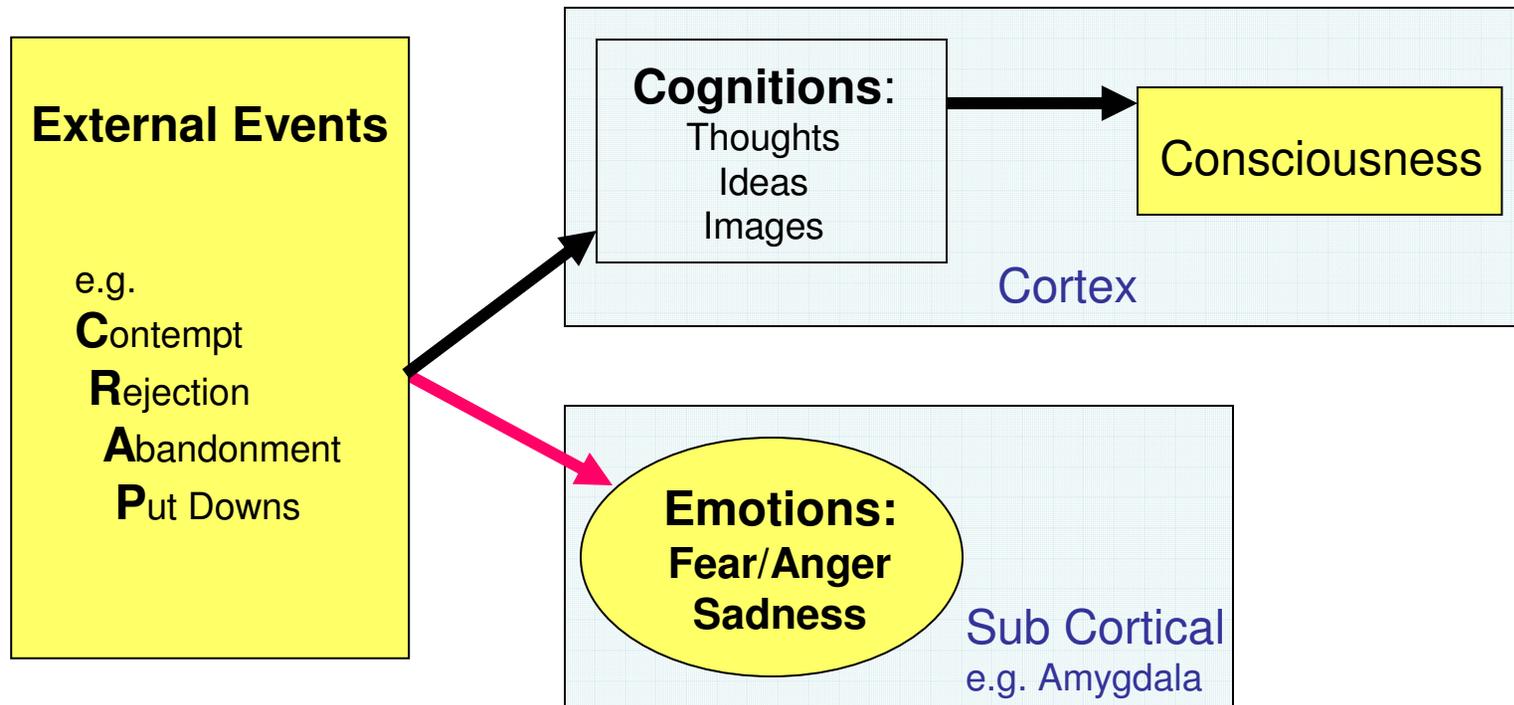
CRAP Effect on Cognitions



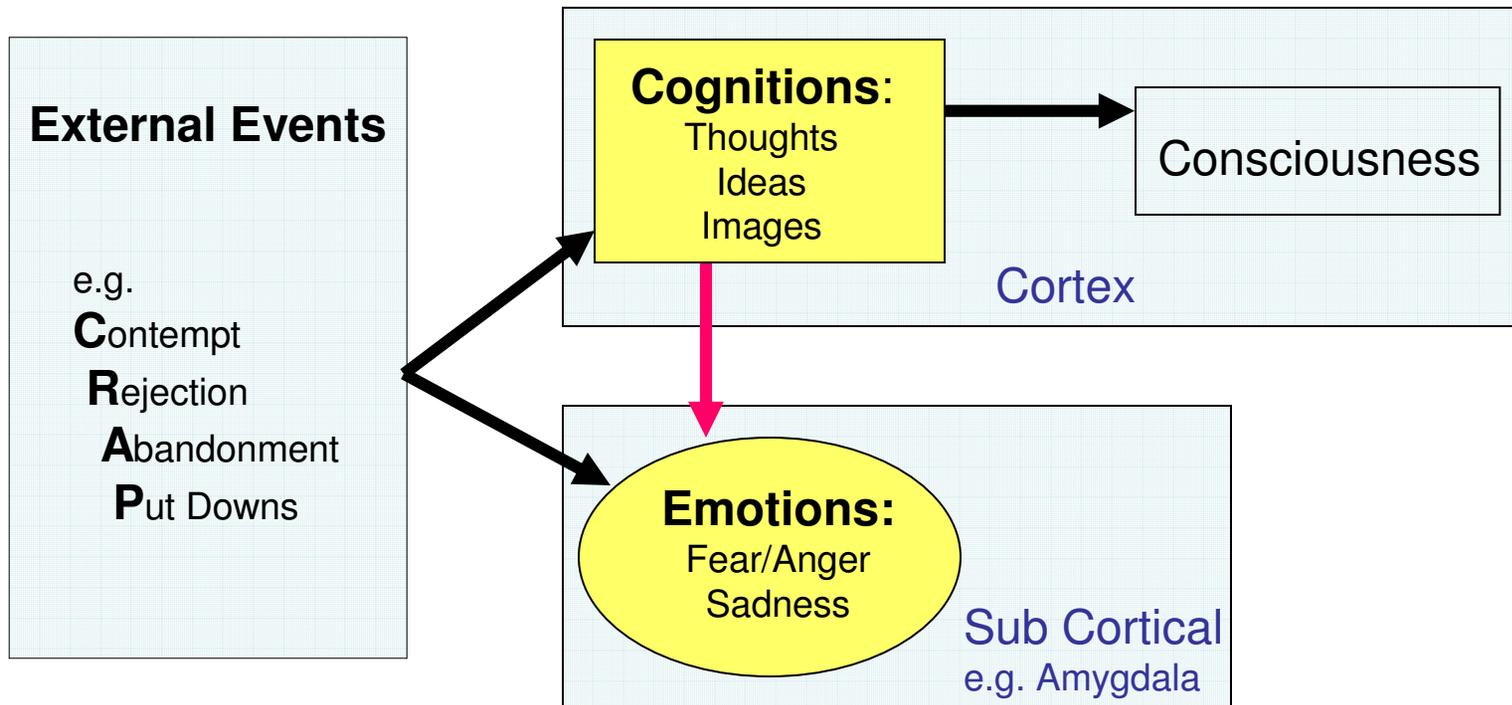
Awareness is Separate from Thought



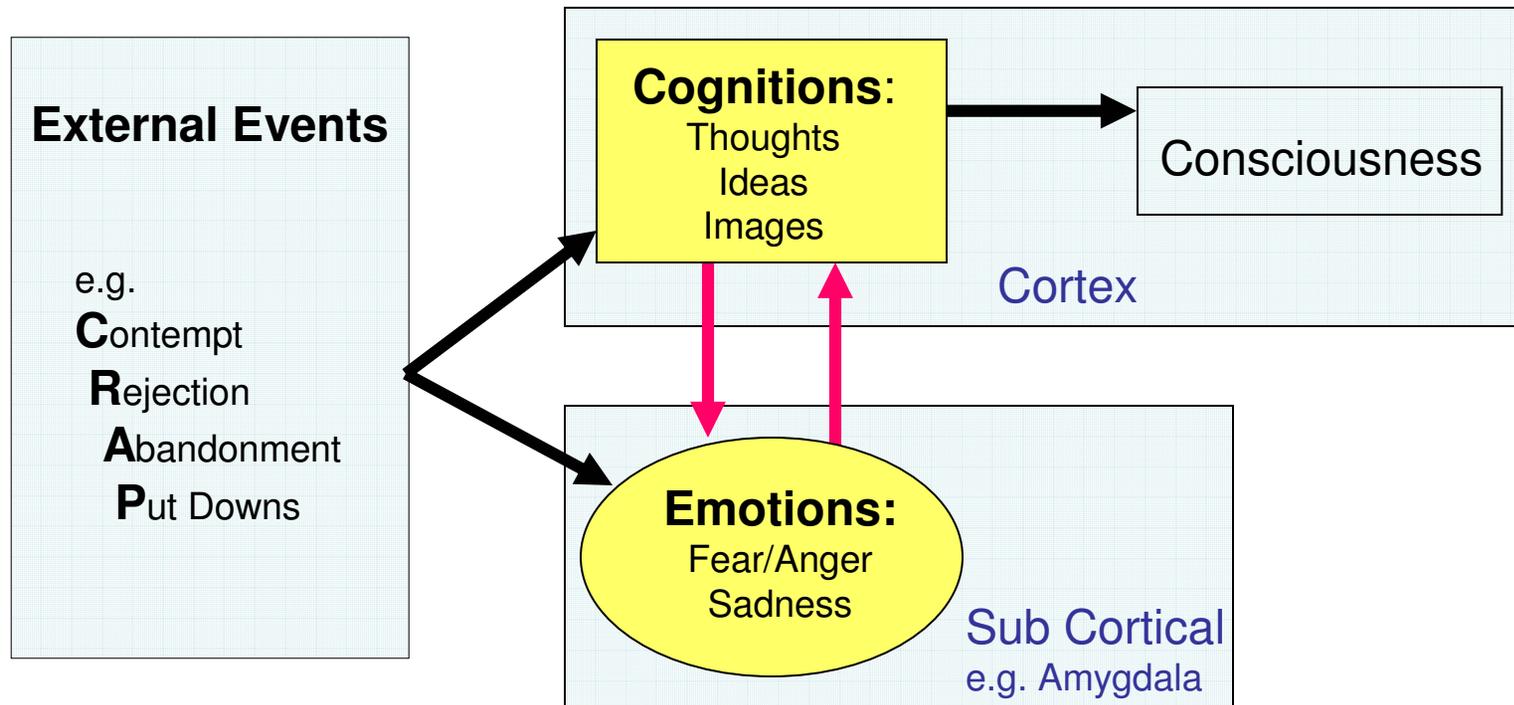
CRAP Effects Amygdala Also



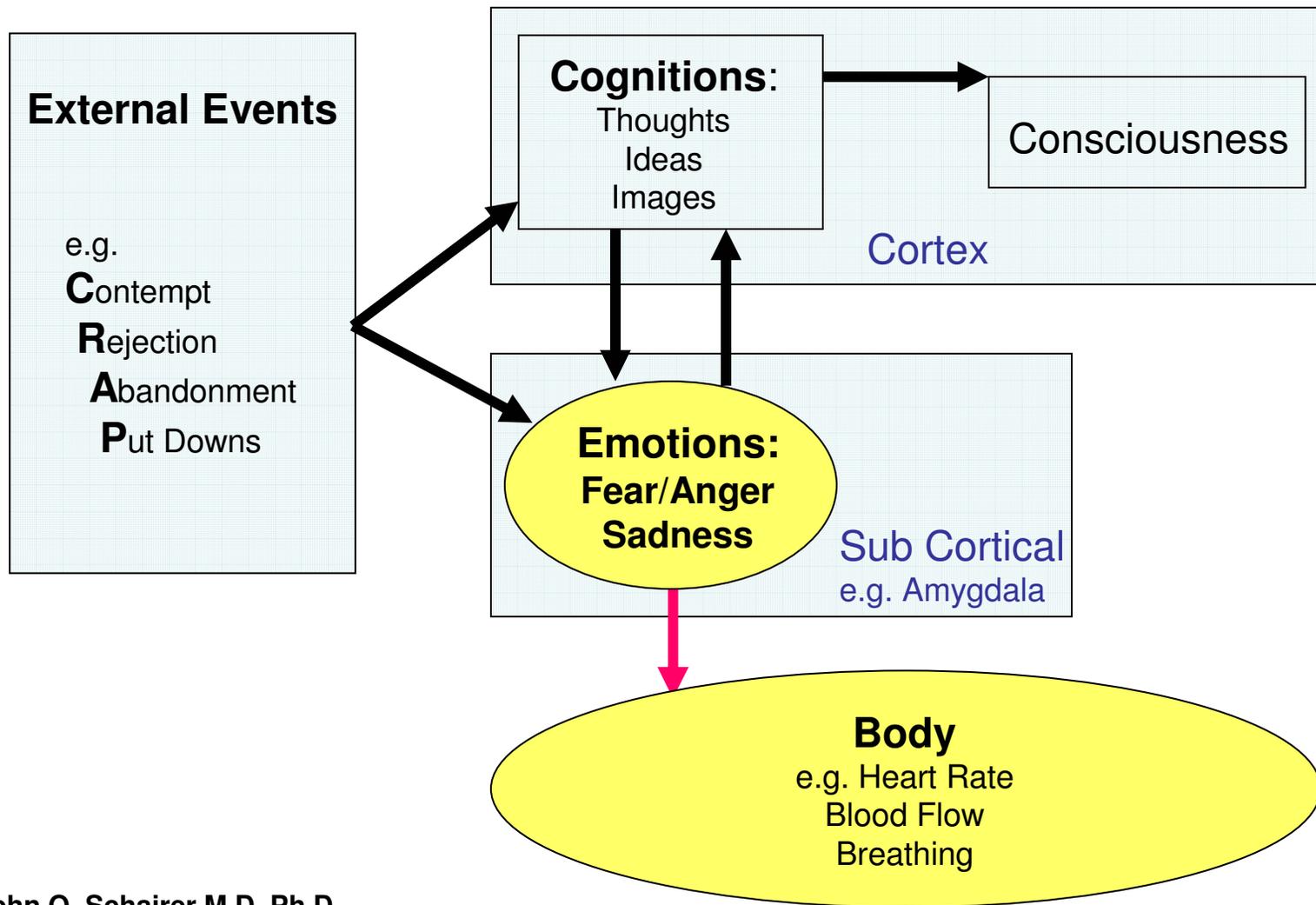
CRAP Can Make Shame Within The Brain



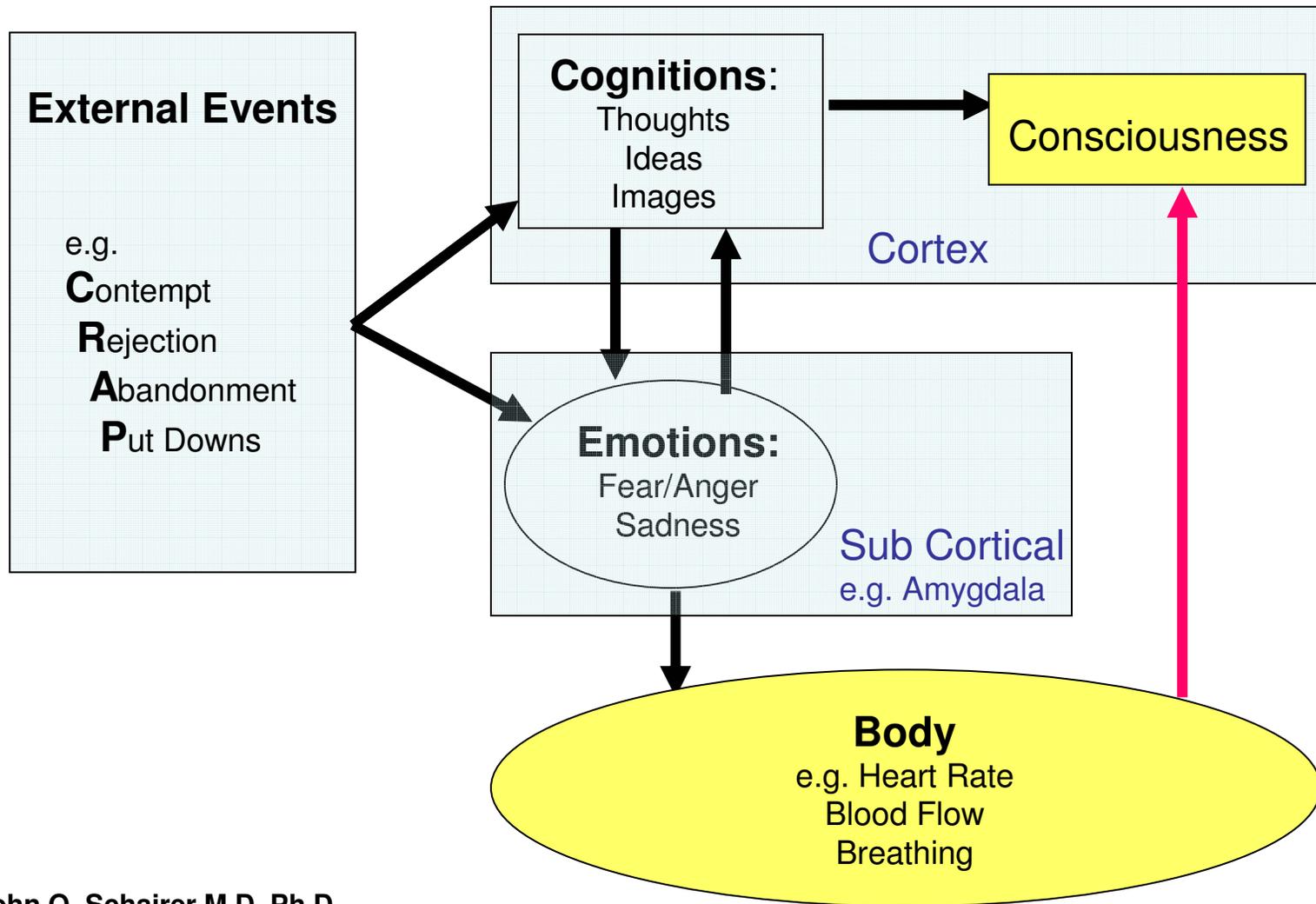
Shame Can Make CRAP Within The Brain



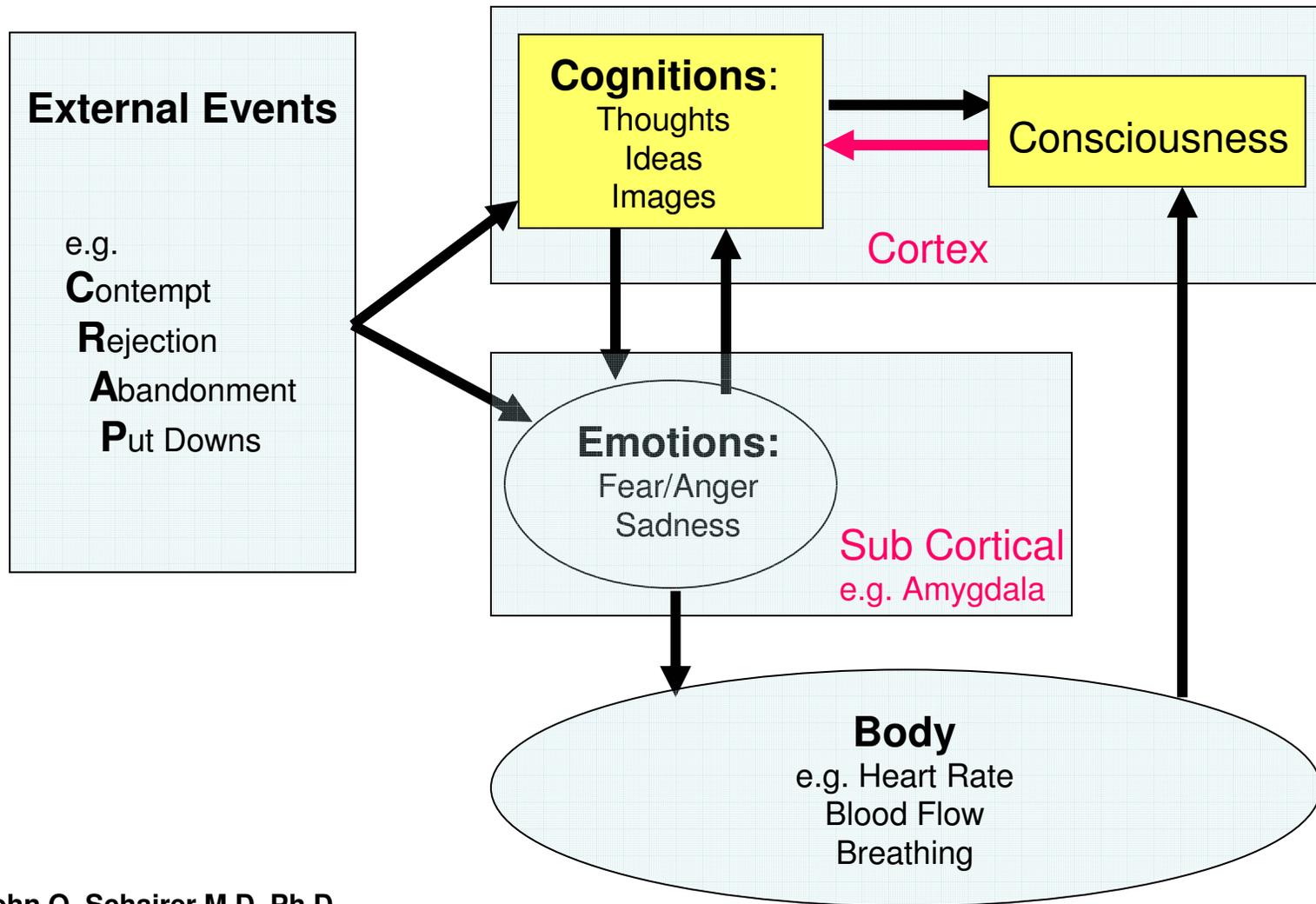
Emotions Prepare the Body for Action



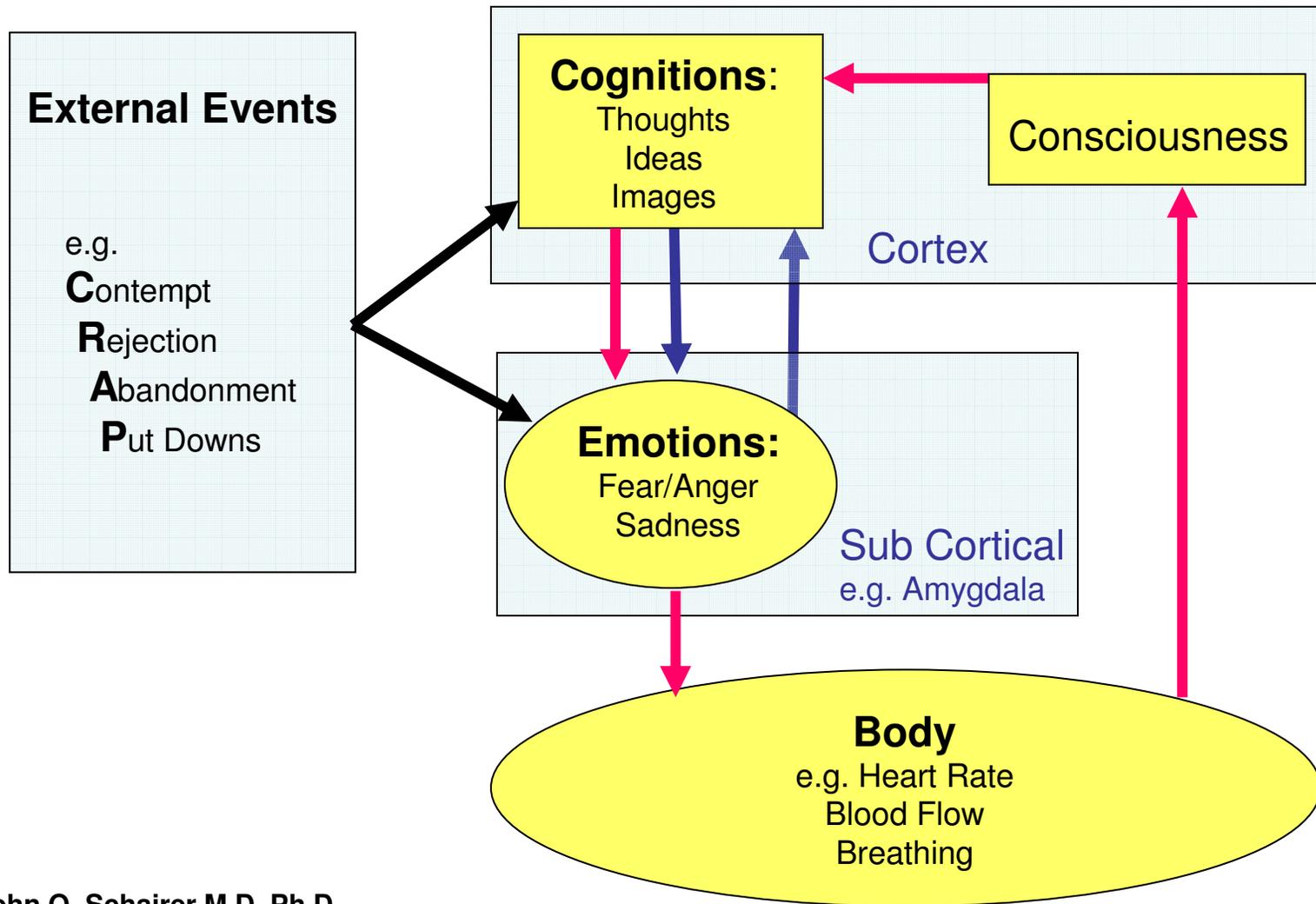
Awareness of Emotions is Through the Body Reaction



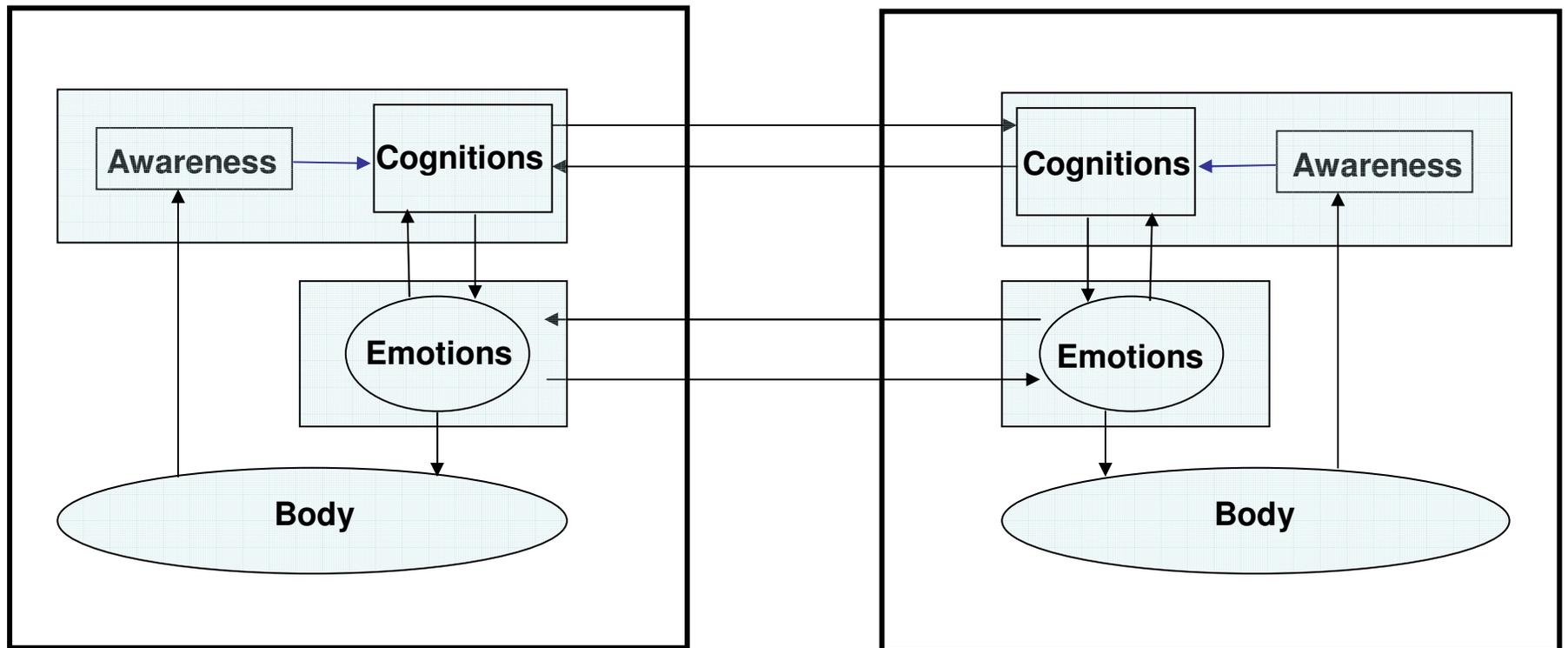
Awareness of Emotions Triggers Thoughts, Ideas, Images



Two Levels of Feedback



Now What about Two People!



Concept IV: Love Is the Antidote to Shame

- Love and Compassion create a feeling opposite to shame.
 - Respect
 - Acceptance and Inclusion
 - Presence
 - Positives
 - Affection
 - Holding and Touching

Therefore:

Compassion

Loving-kindness

Forgiveness

Are the pathway to healing

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Healing Shame

- Principle One: Feedback has to be broken in order for healing to happen.
- Principle Two: Heal the shame with Love and Compassion

Hypnotic Methods

- Emotion Awareness
- Finding the Master Healer Within
- Calming the Shame
- Holding the Shame Like We Hold a Baby
- The Divine Mother's Bowl

The Divine Mother's Bowl

