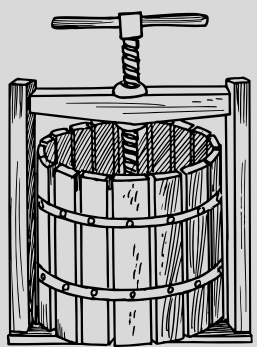


MAP OF REPRESSION WORK



Possible pitfalls

Shutdown

As you do the work, you might start to notice that you shutdown in relationships. When you notice the shutdown, use VI to pull you out of it. (Appendix 4)

Identification with emotions

You might start to over identify with the emotions that rise as we come out of repression. Use VI to bring up and see the "I" thought. (Appendix 4)

Emotional Energy Dysregulation

Dysregulation can happen as emotions come up. Use VI or other nervous system regulation techniques to release or regulate the emotional energies that stays in your body. (Appendix 4)



During or coming out of the repression work.



Vulnerability Inquiry 3 Ways:

1.Repression.

- To help when in shutdown.
- As a regular Repression Inquiry.

2. When identified with an emotion.

3. To release emotional energy.

(Appendix 4)



Work with certified KI facilitators.



Daily Practice

Work on both doors each day.



Resistance to feeling the contraction and pain.

Detect the hidden resistance.

"I don't want to get rid of this"

"I don't want this to change"

(Appendix 1)



Emotional Repression Work



Repression Inquiries:

- *Regular Repression Inquiry* (Appendix 2)
- *Rapid-Fire and Revving Up* (Appendix 5)
- *We-Space Inquiry* (Appendix 6)
- *Vulnerability Inquiry* (Appendix 3)
- *Stacking and Split the baby inquiries* (Appendix 7, 8)

As well as the above inquiries, carry on working with the following inquiries:

- *Deficiency Story Inquiry*
- *Trauma Inquiry*
- *Vulnerability Inquiry* (Appendix 3)

Narrow your inquiries down to a good and effective set that work with contraction and pain.