

Workbook

Emotional Healing, Stage 1

Return to Inner Peace with Simple and Effective
Self-Therapy Techniques

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How to use this workbook

Using this workbook is optional but it can help to make sure you have grasped the material.

After watching or listening to a lesson in the course, go to the corresponding lesson in the workbook and answer the questions for that lesson.

To check your answers, review the lesson summary under the video.

There are three options to using the workbook:

- Print out this workbook and answer on paper.
- Read the document and write your answers on paper.
- Read the document and answer the questions out loud.

Module 1: Introduction

Welcome

“You cannot stop the waves but you can learn how to surf.”
How do you understand this quote? How will the course help you?

How many stages are there in the course? What are they about?

Who is this course for?

What are your reasons for taking this course?

Who is this course NOT for?

Are you motivated to put in the time and effort to heal yourself?

Where will you fit it into your daily schedule?

Do you lose control in dangerous ways, despite your best efforts? Or do you sometimes lose touch with reality?

If you answered "yes" above, perhaps you could benefit from therapy sessions or from an audio program to help you regulate your feelings. Get in touch with me if you have any questions.

Does this course replace therapy sessions?

Give the two main reasons to seek help from a therapist.

Do you suffer from a psychiatric condition? If so, do you work with a therapist or psychiatrist who believes in a cure?

Does diet matter for emotional issues?

What common substance causes anxiety and depression?

Which other common food is a frequent cause of depression?

Which are the two main recommendations for improving your health and your mental and emotional state?

Which class of foods is associated with allergies and mucus?

Are chemicals good for you?

Module 2:

Understanding emotions

The role of emotions

Explain what your negative feelings are trying to accomplish.

Explain what your positive feelings are trying to accomplish.

What happens when we have unprocessed negative experiences?

Thoughts and feelings

Are thoughts causing feelings, or do our feelings determine the kinds of thoughts we have? Can you give an example?

Why is it better to process negative feelings than to analyze our situation and think about it?

What do we need to do for our thoughts to guide us better in life?

Body sensations

Why is it important for healing that we learn to feel the sensations in our body?

What benefits do we get from being able to feel our body's sensations?

The autonomic nervous system

What does our autonomic nervous system do for us?

What is neuroception?

Briefly describe the three emotional states we can be in.

Module 3:

Understanding traumas

What are traumas?

What is the difference between an unpleasant experience and a trauma?

How can we influence our nervous system and process traumas?

Why do the same events have a different impact on different people?

Try to give as many kinds of traumas as you can remember.

Aspects of traumatic experiences

What are aspects of traumatic experiences? Explain with an example.

Can you think of an example from your own life?

The fear of retraumatization

Explain what the fear of retraumatization does to people.

Why is it that in some cases, it is very difficult to face traumas?

Dissociation

What is dissociation and how does it help us?

What is the downside of dissociation?

What happens when we process dissociated experiences?

Shame

What is shame?

What causes us to feel shame? Give a few situations or examples from your own experience.

How do people typically deal with shame?

How can we overcome shame?

Coping strategies

Give the three common coping strategies mentioned in the lesson and briefly explain what they are about.

Why is acting out not a good emotional strategy?

Instead of acting out, what should we do instead?

Of all the coping strategies, which is one is the healthiest when we are too tired to do emotional work?

Module 4:

Understanding parts

What are parts?

What are parts?

How do inner conflicts arise?

When are parts most problematic?

How do you know when you are caught in the perspective of a part?

Parts and traumas

What happens on the level of parts when we get traumatized?

Is dissociation the same for everyone?

Why do some younger traumatized parts remain immature?

What needs to happen to heal those young traumatized parts?
What can get in the way?

Protectors and exiles

What are protectors and exiles?

What strategies do protectors use to manage our lives?

What is the goal of parts work?

What is the main challenge when doing parts work?

Parts and the Self

How do we know we are caught in the perspective of a part?

What is the perspective of the Self?

How can we stay in the Self or return to the Self?

How can the Self help us to heal our parts?

Module 5: Effective techniques to process feelings

What's the plan?

What is the main challenge of Stage 1?

What are the two techniques we'll use (combined with breathing)?

Freespotting 1: What it is

What therapy modality is Freespotting a simplification of?

Freespotting 2: Why it works

What does Freespotting help us do?

Freespotting 3: How to use it

What are the four steps of Freespotting?

Freespotting 4: When to use it

What is the best time to process your feelings? Why?

Is it possible to process old feelings?

Freespotting 5: What to expect

What are the typical physical effects of processing?

Describe the difference between simple, single-trauma events and more complex ones in terms of processing.

Tapping

When is tapping especially useful?

What happens when we tap?

Breathing 1: Proper breathing

Why is proper breathing so important?

Do most people breathe too deeply or too shallowly?

Explain proper breathing in your own words.

Breathing 6: Taking it further

What are the benefits of deep breathing exercises?

What are the other sources of this “life force” aside from the air we breathe?

Mindfulness

What is mindfulness?

Why is mindfulness so important in emotional healing?

Physical exercise

What is the connection between how we feel in our body and how we interpret our situation?

Why is physical exercise beneficial for emotional healing?

Name at least three highly beneficial eastern practices that cultivate mindfulness by observing the body.

Self-massage

Why is massage emotionally beneficial?

Parts meditation

When is the best time to apply this meditation?

What is the goal of this meditation?

What is the most important aspect of this meditation?

Talking while processing

How can talking help with emotional healing?

When is talking not helpful? What needs to happen instead?

How can the presence of another person be helpful?

Helping others to process

What are the two main reasons to seek help from others regarding emotional issues?

What are the two rules for successfully helping others with their issues? Explain each one.

What is the most important thing when helping others to process?

The Movie Technique

What is the Movie Technique used for? Give an example.

Describe how to use it.

What additional questions can you ask yourself afterwards?

The Magic of the Chairs Technique

When would you use this technique?

Describe how to use it.

The Three Letters Technique

When would you use this technique?

Describe how to use it.

Ways to improve your mood

Which of the suggestions to improve your mood speak to you?

Do you have a few ways of your own that you'd like to share?
Please share!

Welcoming feelings from parts

Briefly explain the four steps of welcoming the feelings from parts.