

The Healing Framework

When people heal, they always want to deal with the emotions. We get told not to avoid our emotions and so people go down the rabbit hole of trying to dig into their emotions. If you think about it, that's backwards. It will never work. The emotions will continue to suck us in, and we'll never get anywhere. There's a better way to do this.

Emotions come with thoughts. They are like fleas that need a host. The host is our thoughts. Without the thoughts, we'd feel very little. There would be no thought and no judgement about what is happening, therefore there would be no emotional response.

This doesn't necessarily make healing easier because we will feel the emotions regardless. The thing it does do is give us a focus point that isn't the emotion. It gives us a logical place to start that allows the brain to help us move through this. We're not ignoring the emotions we're simply dealing with them by handling the host or thoughts that they rode in on. So, in the case of the fleas, we treat the dog to remove the fleas. We don't deal with each flea individually. That's the concept we're working with here.

What I've created is a framework for getting your brain around this so that we can move through the healing process more easily. We're not dodging, avoiding, or ignoring emotions. We're simply not trying to fix them. We're allowing them to be what they are and working with the thing we do have control over, our mind.

I'm going to go through each step and explain each so that it makes sense. Next time something triggers you, try it and see how it works for you.

You experienced something and it triggered an emotional response.

This is how humans are. This is what humans do. We experience something, we create judgement around it, and then we feel the emotions that are tied to that judgement.

What was the thought that brought those emotions in?

As I've said, emotions don't come out of nowhere. They come in on thoughts and judgement. So, what were you thinking at the time? What was the judgement that was made?

If you were making a plan to do something and it triggered a sense of fear or dread, find the belief that the fear and dread showed up with. What do you believe about yourself or the world around you that caused you to feel fear?

This is the drilling down process that I take you through in all of my workbooks. It's the process of finding out what the bottom layer is. When we find out what the bottom layer is, we can work on it and begin to heal it. We can't do that if we don't understand it's there.

Why did that thought trigger you?

What memory or belief is that thought attached to? Most responses that people have are pre-programmed. They are often based on what we've been taught to think or feel. Many times, our responses aren't even ours. They come from other people.

It's been said that we can choose how we respond, and we can. We do that by deciding what we think about what happened. This allows us to choose our response. While it may be a nice goal to get to a place where we think before we react in every situation, that's not the point of this framework. The goal here is to simply manage our thoughts enough that we can allow healing to take place. What we want to do is avoid getting sucked into the emotions.

Typically, when we respond out of habit, it's because there is a memory or a belief there that isn't working for us anymore. That's the thing we need to go find because it's the host that brought in the emotional response we originally had.

What do you need to let go of?

We're back to this idea of letting go of these old memories and beliefs that aren't working for us. We have people to forgive and situations to let go of. We have blame, shame, and guilt, low self-worth, and a host of other things that are causing problems for us. We can drill down and get specific. We don't have to deal with the whole thing all at once. What was the one event, person, or thing that caused this particular response?

What's the new belief or way of thinking?

Manage your thinking around that event, not the emotions. Rationalize yourself out of all that guilt, shame, blame, and low self-worth. Find thinking about that old event or memory that frees you from the emotional trauma. It frees you because it lets you off the hook.

Once you've freed yourself then you can replace the thoughts and beliefs that weren't working with things that will. Make sure to do this as well. The brain needs new information so that it doesn't just go back and grab the old information. Fill in the gaps as you need to.

Repeat until there is no longer an emotional response and you have a new habit of thought.

Repeat this process every time you need to. The process itself is quite simple, however it will need to be done more than once. It does require effort. Healing is never easy and can be quite messy. Get used to going over things' multiple times. It's just part of the process.

YouTube Video

There is a video that goes with little guide. It is available on my website and on YouTube on my channel. It is freely available. I'll put the link here as well for convenience.

https://youtu.be/ZxeTIH_2eBM