

Hafiz, I Heard God Laughing

Persia (Iran) 1320-1389

- **“What is this precious love and laughter,
Budding in our hearts.
It is the glorious sound,
Of a soul waking up.”**
- **“One regret, dear world,
That I am determined not to have
When I am lying on my deathbed,
Is that I did not kiss you enough.”**

Basic Emotions

Ginny Hurney, LCSW-C, TF

- **Three Types of Emotions**
- **Four Levels of Emotional Expression**
- **Anger/Power-Experiential Exercise**
(Skip and Marilyn Ellis)

Uniqueness of Bonding Psychotherapy

- **BP's purpose is the reduction of one's "symptoms", and to increase the joy and satisfaction in one's life.**
- **"Screaming" allows the individual to process their emotions which unconsciously influence behavior.**
- **Emotional expression while bonding is a key aspect of the BP therapy process.**

Casriel

- “I’m introducing two new concepts that are really quite new to therapy.”
- “One is the biological need for **BONDING**”
- “the other is the physiological need to **EXPRESS** your **FEELINGS.**”

Basic Emotions

Dan Casriel- Core

Assumptions

- **“Emotions are not rational or logical.”**
- **“Emotions are honest, but not always valid.”**
- **“Emotions have to be expressed fully to have a therapeutic effect.”**
- **“The behavior of every individual is guided by the pursuit of pleasure and the avoidance of pain.”**

Basic Emotions

Dan Casriel- Core

Assumptions

- **“This therapy (BP) is not based just on the reduction of pain, but on the pursuit of pleasure.”**
- **“Most of us have learned to live in isolation but we haven’t learned to live in a warm, loving, intimate relationship.”**
- **“People are starving and love is the only thing that will feed them.”**
- **“Love is a feeling, not a commitment.”**

CASRIEL'S 5 BASIC EMOTIONS

- **PAIN-belly**
- **FEAR-throat**
- **ANGER-chest, shoulders**
- **PLEASURE-pelvic area, heart**
- **LOVE-pelvic area, heart**

Daniel Goleman- Social Intelligence

- **“The protoconversations (BONDING) marks a baby’s first lesson in how to interact.”**
- **For a baby, words are just sounds-more like a song than a sentence.**
- **“Protoconversations remain our basic template for interacting...guiding us in every social situation...are the bedrock of communication in adulthood.”**
- **We use non-verbal communication- 85%-90%**

3 Types of Emotion

Greenberg

- **Instrumental Emotions**- easily accessible , covers up more difficult emotions, can be used to manipulate others, superficial.
- **Secondary Emotions**-subordinated reactions to primary emotion- example; get angry when feel pain. We feel the emotion and ignore it.
- **Primary Emotions**- basic emotion that results from lack of getting one's basic needs met-survival oriented- **Change can happen when they are expressed fully.**

Emotional Expression

Greenberg

- Instrumental and Secondary Emotions are dysfunctional emotions in that they hide the functional Primary Emotion.
- Recognizing our Primary Emotions and being able to differentiate them from our Instrumental and Secondary Emotions is known as “Emotional Intelligence”.
- Primary Emotions when expressed fully leads to stress reduction and changes in our life.

Primary Emotions

- **Develop from the violation of basic needs**
- **They are survival-oriented**
- **They are spontaneous reactions to a situation in the Here and Now.**

**Anger- violation of need for autonomy-
power**

Pain as a reaction to a loss- compassion

Fear as a reaction to danger- boundaries

**Joy as a reaction to fulfillment of the
basic**

**bio-psychosocial needs or the
attainment of
goals.**

Four Levels of Emotional Expression

George Rynick

- **Level 1-INTELLECTUAL REFLECTION- Control, turned off from body, in mind, emotions blocked.**
- **Level2- MINIMAL RELEASE- Holding on, partially blocked emotion.**

WHERE CHANGE CAN HAPPEN

- **Level 3- GUT LEVEL- Letting go-full body expression, love can start to come in.**
- **Level 4- IDENTITY LEVEL- Taking charge of and mastering your life.**

The Four Levels of the Expression of Feelings, and the Consequences for the Relationship Style

LEVELS	ANGER	PAIN	FEAR	JOY
1st level	Hostile, ironic, sarcastic tone	Worries, resignation, helplessness	Timidity and helplessness	Superficial friendliness
2nd level	Rejection, then timid and clinging behavior	Helpless pain	Helpless fear	Manipulative, seductive joy

All feelings on level 1 and 2 are an expression of dysfunctional emotional schemas, that have been acquired biographically

The following attitudes prevent a person from reaching level 3 and 4:
"If I lose control over my feeling, I will go crazy!"
"If I don't control my anger, I might kill someone or I might get killed!"
"If I allow my pain to emerge, it will never end!"
"If I show my feelings, nobody will ever love me again!"
"If I show this feeling, I will loose the right to exist!"
 or other biographically or culturally acquired attitudes regarding the expression of feelings.

The Four Levels of the Expression of Feelings, and the Consequences for the Relationship Style

LEVELS	ANGER	PAIN	FEAR	JOY
3rd level total expression of the feelings (gut level)	The total expression of our anger allows us to feel our own strength.	The total expression of our pain allows the development of positive feelings	The total expression of our fear allows us to regain our own strength.	The total expression of our joy allows us to share our joy with others.
4th level identity level	Anger as constructive strength to change	Pain as motivational strength to do positive things	Fear as alarm signal to avert danger, fear power	Joy as strength to lead a satisfying and meaningful life
Consequences for the relationship style				
5th level relationship level	Constructive dealing with conflicts	Naming the violated psychosocial basic needs	Showing the stress limits of the relationship	Joy, fun and love as signs of a satisfying relationship

Change Happens

- Discharge PRIMARY emotion.
- Discharge LEVELS 3 and 4-
full body release.

The Challenge of Anger

- Is a signal something is not right.**
- Is a signal we are being hurt.**
- Is a sign we are not addressing an important emotional issue in our lives.**
- Is a release of energy and can feel powerful.**
- Can damage a relationship.**
- Some people act it out as they saw in their family OR fear and repress it.**

Anger with Instrumental, Secondary, and Primary Emotions

- Instrumental Emotion- used to create fear in or intimidate others to manipulate them.
- Secondary Emotion- used to avoid more vulnerable feelings of pain and fear.
- Primary Emotion- constructive strength to change and to deal with conflict.

Developmental Aspect of Anger

- ▣ **We all have a developmental path for our ability to express anger and use it to access our power**
- ▣ **Four developmental stages:**
 - **Infant**
 - **Child**
 - **Adolescent**
 - **Adult**
- ▣ **Most of us are stuck at an earlier developmental stage than adult**
- ▣ **Healthy expression of anger requires having passed successfully through all four levels of anger**

Developmental Aspects of Anger

- **We all have at least one stage that is most familiar**
- **There are stages that we avoid and have underdeveloped**
- **There are stages that we engage in the most whether we want to or not**
- **Need to work through all stages to get to true power**

Developmental Aspects of Anger and Power

- ▣ Infant: *It's hopeless. I'm powerless. There is nothing I can do.* No power at all. Can become a victim stance
- ▣ Child: *It's all your fault. I'm not to blame.* Feels better since there is someone else to blame
- ▣ Adolescent: *I'm going to get you for this!* Feels more powerful since more autonomy, but it is a false power- still tied into other
- ▣ Adult: *It's my anger and I'm responsible for dealing with it and changing what needs to be changed in a responsible way.* True power is not tied to another person and can use energy to influence your environment. Offer anger to a higher power.

Exercise

- **Passive forms of anger/power**
 - **Infant**
 - **Child**
 - **Adolescent**
 - **Adult**
- **Active forms of anger/power**
 - **Infant**
 - **Child**
 - **Adolescent**
 - **Adult**