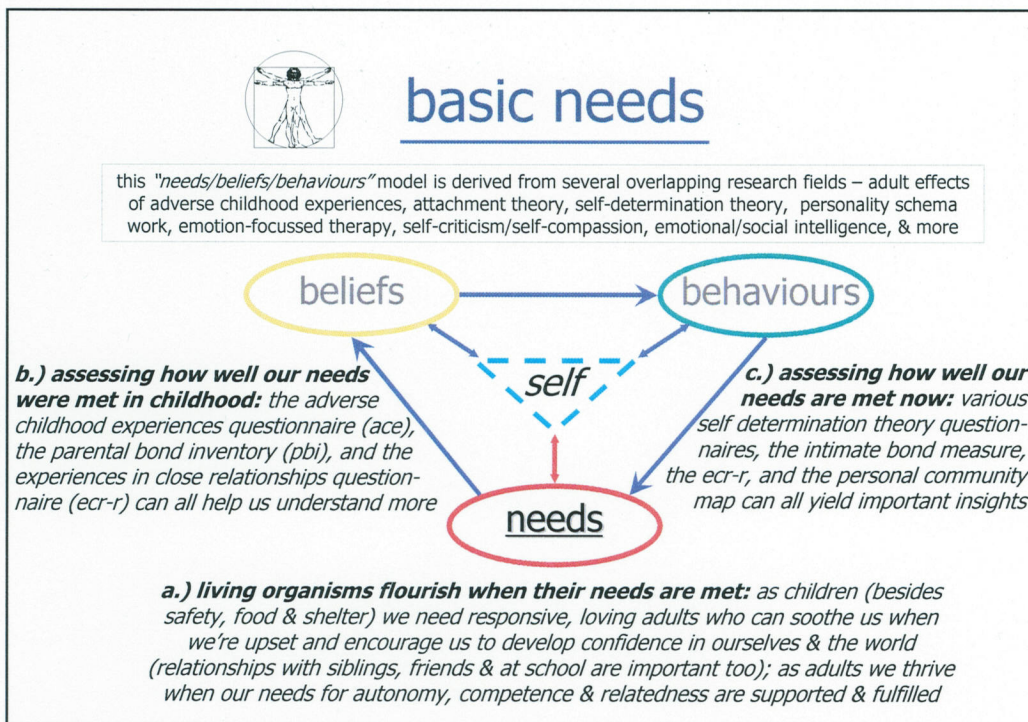
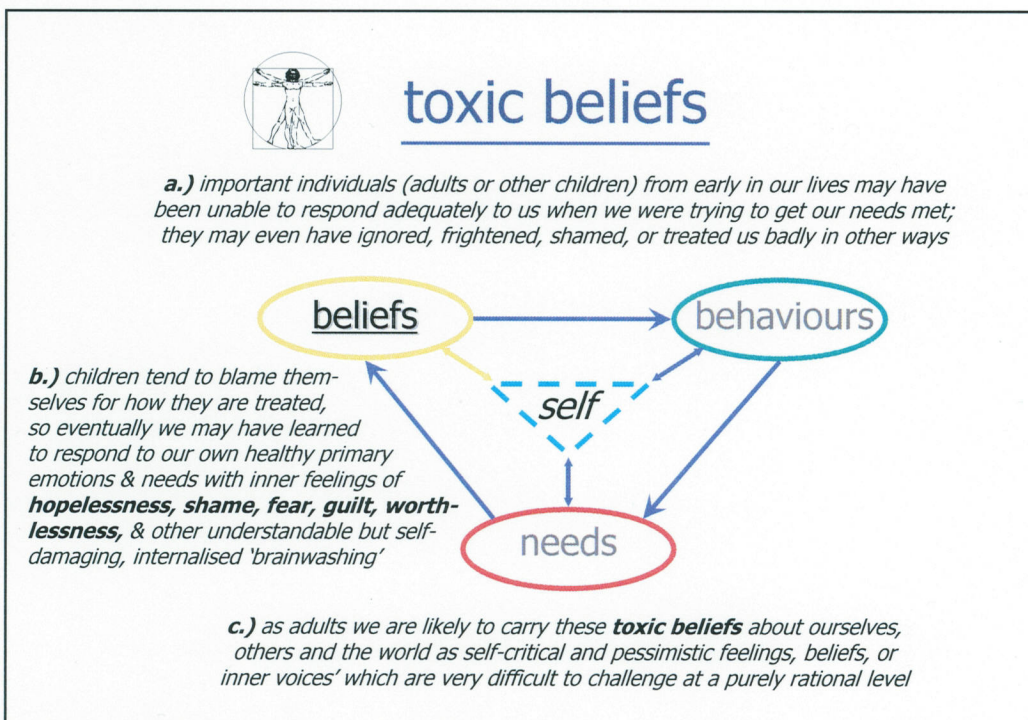


our life stories: needs, beliefs & behaviours



healthy primary emotions give us helpful information and can energise us to meet important needs; sometimes these emotions are easy to contact, but sometimes they have been shut off because, earlier in our lives, they seemed too risky or pointless – so there may be deep sadness/grief & anger, yearnings for closeness & validation, and more



adaptive primary emotions need to be contacted & 'listened to', whereas maladaptive secondary, learned, emotional beliefs need to be transformed; this can be done in several helpful ways including emotional processing of traumatic memories, internal-split, self-interruption & unfinished business dialogues, body focusing methods, development of inner compassion, & challenge from behavioural experiments