



# narrative eft processing modes

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- ✓ *awareness & contextualization of emotions*
    - ✿ *key importance of bodily felt sense & five part awareness*
  - ✓ *symbolizing emotions*
    - ✿ *naming emotions helps to cool amygdala responses*
  - ✓ *narrative construction*
    - ✿ *combines bottom-up felt-sense & top-down conceptual processing*
  - ✓ *transformation of emotion & story outcomes*
    - ✿ *shift from maladaptive secondary to adaptive primary emotions*
  - ✓ *identity reconstruction*
    - ✿ *personal narratives deepen (enrich with emotional meaning) & enlarge (fuller understanding/integration); more compassionate sense of self with new ways of feeling & being in the world*
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