



Decoding Practical Emotions

EXPLORING THE LONG-TERM IMPACT OF
CHILDHOOD TRAUMA AND THE ROLE OF PEI IN
HEALING

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What Are Practical Emotions?

- ▶ Practical emotions are the everyday signals of our inner world, guiding our thoughts, behaviors, and decisions.
- ▶ They serve as the bridge between awareness and action, helping us transform emotional pain into purposeful growth.



Decoding Practical Emotions

- ▶ Decoding emotions involves recognizing, naming, and understanding emotional patterns formed through life experiences.
- ▶ By decoding, we learn the story behind our reactions and unlock pathways to healing.





"Doctor, I feel as though nobody understands me."

"Tell me what you mean by that?"



Why Emotional Understanding Matters



Increases self-awareness



Reduces emotional reactivity



Improves communication and relationships



Supports long-term mental health and resilience

The Hidden Legacy of Childhood Trauma

- ▶ Childhood trauma leaves deep emotional imprints that can manifest later as anxiety, addiction, depression, or even physical illnesses.
- ▶ Understanding this connection is essential to break generational cycles of pain.



Global Impact of Childhood Trauma

**Over 60% of adults report at least one adverse childhood experience (ACE) (CDC, 2023).
People with 4+ ACEs are:**

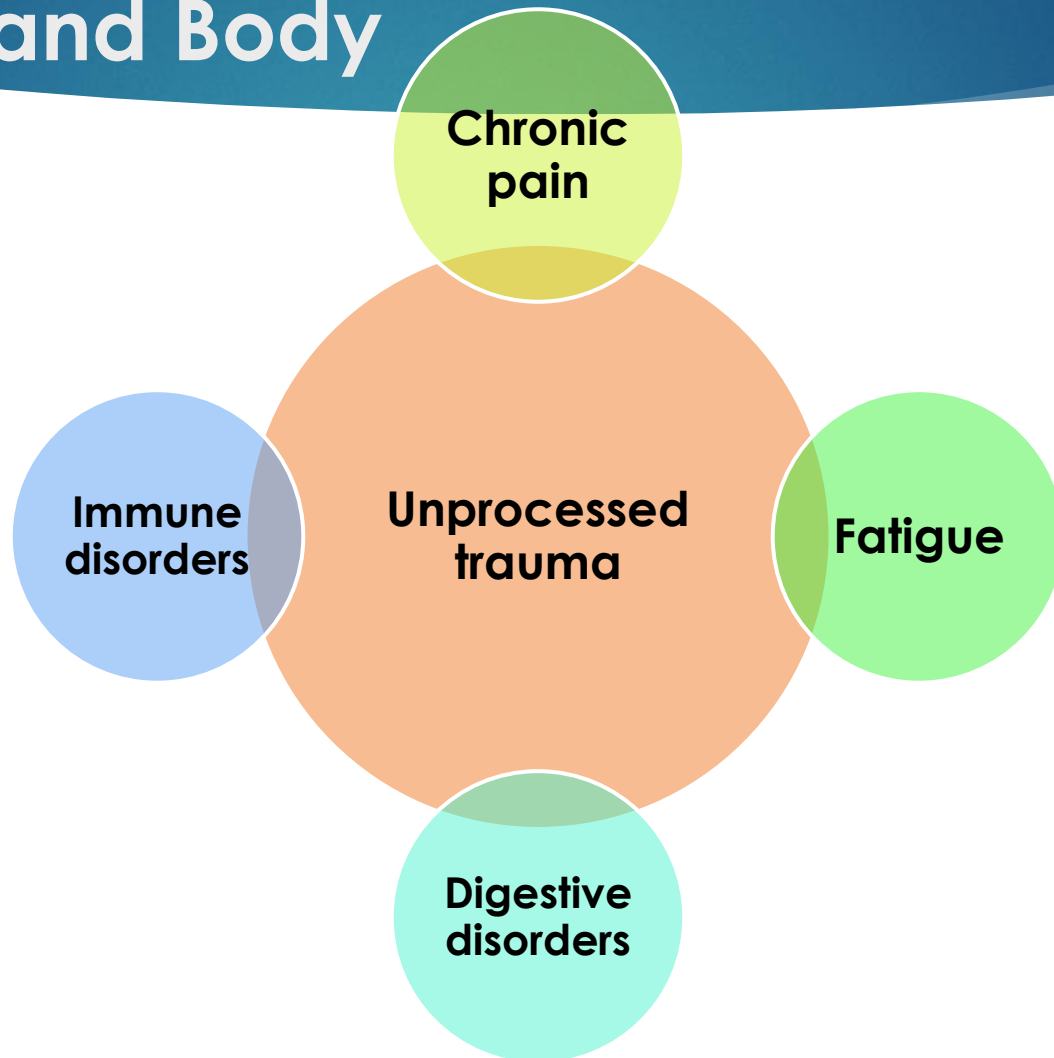
**- 2x more likely
to develop
depression**

**- 7x more likely
to develop
alcoholism**

**- 10x more likely
to attempt
suicide**

**- 3x higher risk
for lung cancer
or heart disease**

The Body Remembers Healing Requires Addressing Both Mind and Body



Trauma and Substance Use Disorder (SUD)

- ▶ 75% of people in substance use treatment have experienced childhood trauma (Maté, 2003).
- ▶ Drugs often serve as emotional numbing tools.
- ▶ Healing requires emotional literacy, not just abstinence.



Trauma and Sexual Addiction

- ▶ Many survivors of sexual abuse or neglect develop compulsive sexual behaviors as coping mechanisms.
- ▶ Emotional shame and dissociation reinforce addiction cycles.

Trauma and Cancer Connection

- ▶ Chronic stress from unresolved trauma contributes to inflammation and cellular stress, increasing susceptibility to diseases like cancer (Miler et al., 2018).
- ▶ Emotional healing can complement physical recovery.

Trauma, Anxiety, and Depression

- ▶ Childhood trauma rewires stress response systems.
- ▶ Adults may experience hypervigilance, intrusive memories, and chronic sadness, often misdiagnosed as personality flaws rather than trauma responses.



Healing Begins With Awareness

- ▶ Awareness turns pain into purpose.
- ▶ Recognizing emotional triggers allows us to shift from survival mode into conscious living.



What Is Practical Emotional Intelligence (PEI)?

- ▶ PEI is an applied model that transforms emotional awareness into actionable healing.
- ▶ It integrates **self-recognition**, **reflection**, **alignment**, and **leadership** into everyday emotional experiences.

The Four Dimensions of PEI

R.E.A.L.

Recognize: Identify your emotional truth

Explore: Understand root causes

Align: Integrate new beliefs and actions

Lead: Embody emotional wisdom in relationships and purpose



**Recognizes
Emotional
patterns**

**Promotes
emotional
safety**

**Promotes
integration
between
body and
mind**

**PEI in
Trauma
Healing**

**Restores
self-trust
and
empathy**

**Builds
emotional
resilience**

**Encourages
emotional
awareness**

How PEI Differs from Mindfulness

Approach	Focus	Limitation	PEI Advantage
Mindfulness	Present-moment awareness	May lack structured emotional reprocessing	PEI adds emotional decoding and somatic integration
CBT (Cognitive Behavioral Therapy)	Thought-behavior patterns	Less focus on embodiment or inner child	PEI connects emotions, body, and narrative
Traditional EQ	Recognizing and managing emotions	Often intellectual, not experiential	PEI grounds emotional literacy in daily healing practices

Case Study: Maria's Healing Journey

- ▶ **Issue:** Grief and emotional numbness after loss
- ▶ **Intervention:** Used *The Healing Journey* workbook with PEI reflection and emotional timelining
- ▶ **Outcome:** Reconnected with emotions, improved communication, resumed creativity

Applying PEI in Daily Life



Mindful self-check-ins



Journaling emotional triggers



Somatic grounding exercises



Conscious communication



Reflective writing and meditation



Integration of micro-actions



Practicing gratitude and self-compassion



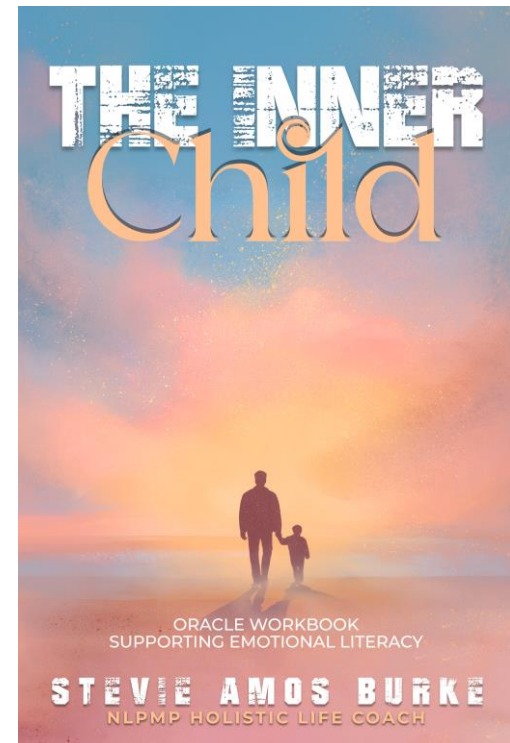
Breathwork for emotional regulation

The R.E.A.L. Healing Library

- ▶ REAL (Recognize • Explore • Align • Lead)
- ▶ A suite of workbooks guiding emotional healing through development of Practical Emotional Intelligence (PEI).

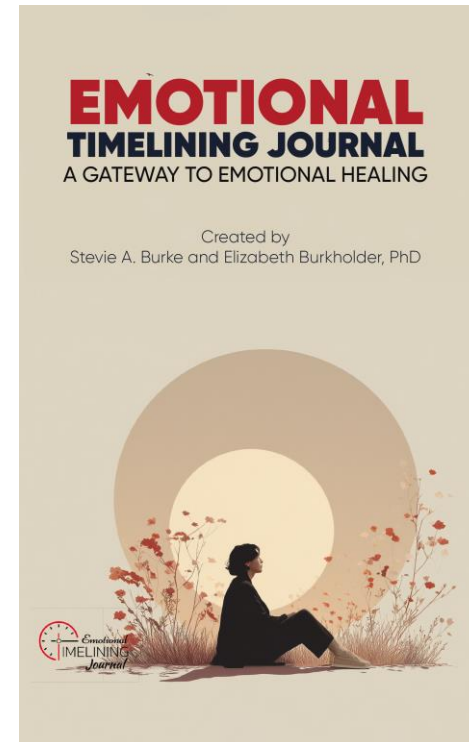
R — The Inner Child Oracle Workbook

- ▶ **Focus:** Supporting emotional literacy and reconnection with your inner child.
- ▶ **Tools:** Guided prompts, art therapy, and compassionate self-dialogue.



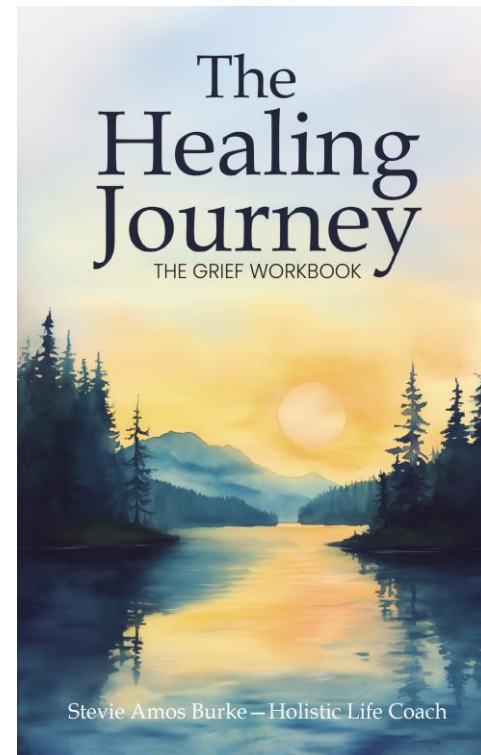
E — Emotional Timelining Journal

- ▶ **Focus:** Mapping your emotional history to uncover repeating patterns.
- ▶ **Tools:** Journaling, reflection exercises, and timeline visualization.



A — The Healing Journey

- ▶ **Focus:** Processing grief, acceptance, and emotional release.
- ▶ **Tools:** Ritual design, journaling, and mindfulness practices.



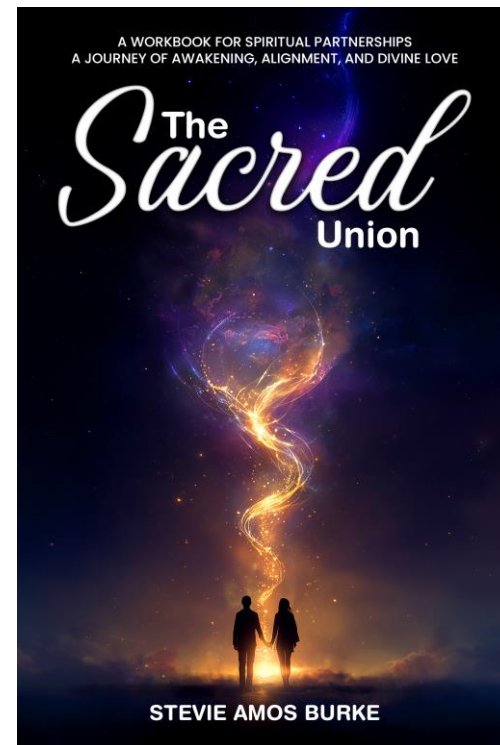
L — Healing After Harm

- ▶ **Focus:** A trauma-informed approach for survivors of sexual abuse.
- ▶ **Tools:** Somatic safety exercises, emotional reframing, and empowerment narratives.



A+L — The Sacred Union

- ▶ **Focus:** Spiritual partnerships and conscious relationships.
- ▶ **Tools:** Partner exercises, emotional mirroring, and alignment practices.



Integrating the R.E.A.L. Library

- ▶ Each workbook represents a phase of emotional mastery.
- ▶ Together, they form a comprehensive map of self-awareness and embodied healing.

The R.E.A.L. Healing Pathway



From Awareness to Leadership

- ▶ Healing isn't just personal, it's collective.
- ▶ When we lead from healed awareness, we transform relationships and communities.

From Science to Self-Healing

- ▶ Expressive writing reduces PTSD symptoms by 30–40% (Pennebaker & Smyth, 2016) → integrated in *Emotional Timelining Journal*."
- ▶ Mindfulness-based practices decrease anxiety by 58% (Hofmann et al., 2010) → woven into *The Healing Journey* rituals."
- ▶ Somatic awareness promotes trauma recovery (van der Kolk, 2014) → embedded in PEI's 'Recognize' and 'Explore' phases in each workbook."
- ▶ Emotional literacy improves relationship satisfaction by 60% (Brackett et al., 2019) → integrated in Emotional timelining journal.

The Vision: Emotional Literacy for All

Creating communities where emotional expression is normalized, supported, and celebrated.

Practical Emotional Intelligence is the language of healing futures.

Reflection

- ▶ What practical emotion needs your attention today?



Recognize it. Explore it. Align with it. Lead from it.

That's where healing begins.

Join the PEI Framework Research

- ▶ Be part of a growing global movement redefining emotional healing.
- ▶ Participate in “The R.E.A.L. Healing Library: Practical Emotional Intelligence for Everyday Healing.”
- ▶ *Buy the Workbooks
Join the Research Study
Connect with the Team*

R.E.A.L. Healing Library Case Study



Google Scholar



References

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Last but not the least:

► Carl Jung once said:

"The only normal
people are the ones
you don't know
very well"

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Thank You

**Let's Heal, Practically and
Compassionately**