Using Lines, Threads and Films – draft for potential power point

1

Time can be plotted in our memory banks with a line, ribbon, thread, or film (Herman, 1992; James, 1988).

2

The work of Tad James (Time Line Therapy, and the Secret of Creating your own Future), uses these images in an effective manner to create rapid therapeutic gains.

3

This presentation has two goals:

 1 – to identify and measure a goal or objective that you have not yet achieved.

2 – to release four negative emotional clusters most common in holding you back from achieving those goals to that you are freed from negative emotional entanglements that have been preventing you from living the life you deam of.

4

Write down something you want to achieve, that for whatever reason you have not yet started, applied yourself to, or completed to your satisfaction.

Give your motivation about that project a score between 0 – 100, with zero meaning I am not at all motivated (and I know I need to do it), and 100 (I’m completely motivated, and still find myself stuck).

 Now put that aside.

5

There are four negative emotional clusters which we are going to release in this exercise

 Anger

 Fear

 Sadness

 And the Shame / Guilt complex

 Anger and Fear are stimulants

 Sadness and the Shame / Guilt complex are depressants

6

We are going to release each of these negative emotions today.

 We do not release two stimulants, in a row, as that could trigger unbalance toward depression.

We do not release to depressants in a row, as that could trigger manic behavior of fear and anger

7

We can do this exercise as a group, or I can have a volunteer, demonstrate the process, and then have you practice on each other. What would you like to do?

 If we do this as a group process, I propose that we

Release sadness

Then Anger

Then the Shame / Guilt complex

Then Fear

When working with clients, ask that individual

If I have a volunteer, I can demonstrate this process, and then you can practice on each other.

The process is quick.

8

With a group dynamic:

Now think of that goal you set for yourself, and notice

And ask yourself, “Would I be willing to let go of all inappropriate
\_\_\_\_\_\_(sadness) in my life at this time

References

Herman, J. L. (1992). Trauma Recovery: The aftermath of violence-from domestic abuse to political terror. New York: Basic Books.

James, T. (1989). The Secret of Creating Your Own Future. Honolulu, HI: Advanced Neuro Dynamics. .

James, T. & Woodsmall, W. (1988). Time Line Therapy and the Basis of Personality. Capitola, CA: Meta Publications.