

Speed of emotional processing

- 1/5 of one second (200 milliseconds) – the duration of a microexpression
- 1/3 of one second (333 milliseconds) to register a facial expression on another person
- 1/10 of one second (100 milliseconds) for my brain to react/respond and show my reaction on my face
- 600 milliseconds for my frontal cortex to register a response and shut down my facial expression if I don't want it seen
- 1/2 of one second (500 milliseconds) lag time – which is written on the face so when partner says “nothing is wrong,” their face says otherwise

Susan Johnson, PhD, *Emotionally Focused Couples Therapy*

80% of our attention goes outward

20% of our attention goes inward

Marion Gilbert, *Somatic Enneagram on The Shift*, 2022