Arthur Somers Roche

 Anxiety is a thin stream of fear trickling through the mind. If encouraged it cuts a channel into which all other thoughts are drained





Implicit memory

 Implicit, unconscious memories, created in dysfunctional situations years before, can repeatedly lead us to re-create unsuccessful but familiar patterns of thought.





Burning the furniture

Our focus as children on our short term survival has superseded attention to all long term maintenance. Akin to burning the furniture to survive a freezing winter.

Austra Institute



Christopher Bollas

 To the childtraumas are not experienced as events in life but as life defining.



Relationships Australia. NEW SOUTH WALES



It is less painful to remember something happening, even if it is terrible, than to remember nothing happening when you needed someone to be with you

Before I entered kindergarten, my mother came to hate my father. His cracking open of a nightly beer provoked her to episodes. She'd unleash the contents of our refrigerator on our kitchen floor. Coffee grinds, milk, and eggs pooled on the tiles as my sister and I huddled together, sobbling.

Words by Anonymous I Illustration by Fatin Zubii





Good enough parenting

 It is rare to find a child who is able to be still and centered and feel safe in the presence of chaotic adults. (Winnecotte 1962)





Louis Cozolino

 Unfortunately evolution has not seen fit to invest much neural circuitry into self awareness.





The unthought known Christopher Bollas

 We think we live with free will, actually the truth is we live about 500 milliseconds after the moment, allowing plenty of time for our past learning to predict what will happen with absolute certainty.

Survival mechanisms

 Righteous indignation has obvious survival advantages. The downside of this strategy is when we become so sure of our personal beliefs that we are unable to consider alternatives





History of Trauma

With a history of trauma your system moves from open possibility to probability and then to activation in fast succession



Cortico-Hippocampal help

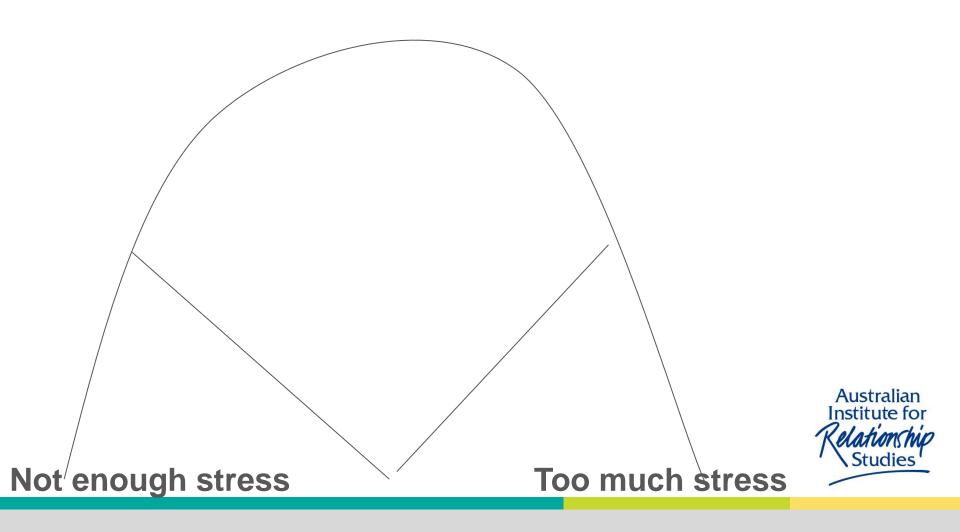
Bruce Perry

 It is important to understand that the brain altered in destructive ways by neglect and trauma can also be altered in reparative, healing ways.



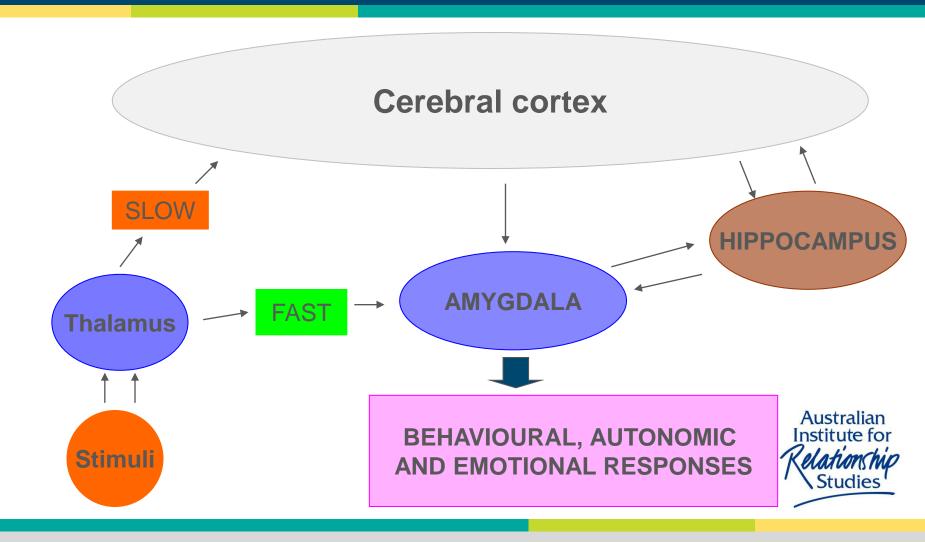


Facilitating the creation of neural pathways





FAST and SLOW FEAR CIRCUITS



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"J" CURVE

Does that help us understand why all your good efforts come to nothing?

Would he say, 'no stuff her, why should I? She wouldn't do it for me so why should I do it for her?'

Is it possible that because he thinks you don't like him, he doesn't feel inclined to make any effort to take your opinion into account?

So he would say you don't like him.

If I was to ask him what he thinks you think of him, what would he say?

What about the other parent, what would he say you are like when you're not happy?

When they are trying to get some sense of what you think about them what conclusions do they come to?

What would they say you are like when you are feeling like this?

When people look at you feeling like this what sort of impression do they get?

Feeling like this must impact on how you look

Reflecting Feelings

Paraphrasing

Validating

Australian Institute for Relationship Studies

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