

Exercise 12 – Negative Emotional Charge Removal

You'll need a pen or pencil and at least five copies of this process, download them at www.cellularattitude.co.uk before starting.

You may also need some additional plain or lined paper. You will need some peace and quiet, your home phone needs to be taken off the hook or set to silent answerphone and your mobile phone should be switched off (not even on silent/ vibrate as this can distract you). You may want to have a glass of water handy and perhaps some tissues, in case you need them. Unpleasant, negative emotions may need to be re-stimulated before they can be effectively processed.

Make sure that you are well fed and well rested before you start the session. Please note that you should be free from the effects of drugs or alcohol for at least 24 hours before you start. This ensures that you can look at your internal mental arena effectively.

The objective here is to reduce any external distractions to a minimum so that you can fully access your internal mental arena. This is known as 'viewing.' Any response is allowed, and you can write or draw anything you 'see' or recall when you are putting all your information down on paper. If you've been able to do the previous exercises (listening to the inner voice, for example) you should be ready for this session. The more you write, the more you process and the faster you'll get to a conclusion. There's no guide on how much you should write, just write your thoughts and images as they show themselves to you and keep going until you've run through the 'event.'

This processing of information increases your awareness by reducing the clutter as you process items. It also increases the amount you can cope with at any one time. In a session with a facilitator, you would be talking to a facilitator and talking would be the method used to allow to process the event so that you get a new perspective on it.

In our exercise, you are writing down your thoughts as opposed to speaking them out loud to a facilitator. The act of writing down the emotions and memories of an event is a substitute for the telling. Please note that nobody ever has to see what is written and you don't even need to read it through afterwards. It's the act of writing down that is the processing method. Reading what has been written isn't required. If the thought of reading what you've written afterwards inhibits you from being free to write, then have a bin handy to throw the pages into as you complete them. The act of throwing them away is also a physical demonstration of you having processed these negative thoughts and removed them.

Once you've completed a section, please take a new piece of paper to do the repetition. When the session is over, recycle, destroy or shred the completed papers. This really can help you increase your ability to deal with everything that life throws at you.

Step 1. Identification.

Choose your situation.

Write it down. It should be a situation that has a definite start and finish. This should be an event that has happened to you in the past that is still giving you distress. It can be the event itself that troubles you or the person who is involved in the event. You must identify an event though. It must have a start and a finish. If you chose 'anytime I speak to my mother,' for example, it's not specific enough. You might choose a specific time that you spoke to your mother and start with that event. If there are other similar events, you will be able to go further back and get to the original problem event during this process.

Step 2. Focus. Ask yourself:

Find an incident/ event containing (insert your chosen situation)

Consider this for a moment. Write down your answer.

When did it happen?

Consider this for a moment. Write down your answer.

Where were you at the time?

Consider this for a moment. Write down your answer.

How long does this incident/ event last?

Consider this for a moment. Write down your answer.

Step 3. Processing the NEC

Go to the start of this incident in your mind, closing your eyes if it helps to focus on the beginning of the incident. Do not move on to the next step until you have found that exact moment. Ask yourself:

What are you aware of at the beginning of the incident?

Consider this for a moment. Write what you were aware of at the beginning of the incident.

Go through the incident from beginning to end in your mind until you have considered the full incident. Closing your eyes whilst you do this can help. When you have done this, write down what happened.

Take a moment. (The next stage is to go through Step 3 again)

Go to the start of this incident in your mind, closing your eyes if it helps to focus on the beginning of the incident. Do not move on to the next step until you have found that exact moment.

Go through the incident from beginning to end in your mind until you have considered the full incident. Closing your eyes whilst you do this can help. When you have done this, write down what happened.

Take a moment. Does this incident seem easier to look at or harder to look at? This is where you decide how you feel about the incident having spent some time processing it. If it is easier to look at, it means the emotional pressure is reducing, so you should work through it again.

Therefore, if it is easier, repeat Step 3. This repetition, whilst sounding boring, helps you process the information in your mind. It is this processing that ultimately removes the negative emotional charge attached to the event/ situation/ person.

Continue with Step 3 until there is no change for a couple of run-throughs. At that point, you will have completed any processing and should stop the session.

If it is easier or there is no change, ask yourself if you feel that it is worthwhile going through the incident again. Do you feel that the incident has been dealt with? If you don't feel that or it seems harder to look at it means you still have processing to do.

You may decide to go through this many, many times, because if it continues to get easier, you are processing the negative emotional charge. Each time through this process, you scrub off charge and process more and more, until the event is totally in the past and no longer affecting you in the present. Once that has happened it should no longer have any emotional charge and it will cease to bother you. At that point it has become a memory, you will not be 're-living' the event in the present. You can then think of it in the way you think of something in a film or a book.

However, the incident may not get easier to view with repetition. This may be because you haven't started at the beginning of the event and need to go further back in time, or because there is a prior incident that you need to deal with first. This is how we track back to find the root cause of the problem.

Step 4. (If required) Is there an earlier start to this incident or an earlier similar incident? Ask yourself:

Does this incident have an earlier starting point?

(If it doesn't have an earlier starting point, consider: *Is there an earlier, similar incident?*)

Once you've ascertained if it's an earlier starting point for the same incident or an earlier, different but similar incident, move on to the next phase below:

When did it happen?

Consider this for a moment. Write down your answer.

Where were you at the time?

Consider this for a moment. Write down your answer.

How long does this incident/event last?

Consider this for a moment. Write down your answer.

You'll notice that this is very similar to Step 2. You then return to Step 3.

Does the incident feel easier or harder to look at? (If it's easier, continue to go through Step 3 again until there is no change, or you feel that it wouldn't be worthwhile going through it again.)

If it's still harder, repeat Step 4.

If you don't find an earlier start or there's no earlier, similar incident, go back to Step 1 for this incident and go through the whole process again because the priority is to process the incident.

Continue with this until you have found your end point.

This is the process.

Remember that there's no right or wrong way for you to do this. If you're writing it down and processing information, you're doing it the right way. Each cycle through the incident removes charge.

You'll know when this is because you'll have experienced one of the following positive indicators, or 'End Point':

- 1) You feel that you have accomplished something positive through completing this exercise. You will have a very positive indicator such as smiling, laughing or really feeling very good.
- 2) You have gained or regained an ability to do or face something that was previously difficult or unpleasant to do so.
- 3) Experienced a sense of relief or feel an easing of pressure/ release.
- 4) Gained a kind of new awareness, insight or a new or revised realisation about yourself of your life.
- 5) Sometimes the end point is no affect at all: "It's getting boring. I don't want to go through it again!" When it has become boring to you, the emotions have been discharged from the event.

When this has happened, you've placed the incident you were looking at in the past. It's been processed and is now a memory.

You decide when the process is finished, there is no chance of someone else interrupting you and breaking this moment.

To make sure you have fully discharged this incident move to Step 5.

I want to make a caveat at this point.

There are some extreme events that are suppressed so deeply that the person is not even aware they happened or have 'forgotten' extremely traumatic experiences.

This is the mind's attempt to keep operational, however, these deeply suppressed experiences will still be affecting thought processes and behaviours.

We have seen people confront and process extremely traumatic events, such as death, abuse and violent trauma using these techniques. T.I.R was developed to help Vietnam war veterans deal with their Post Traumatic Stress Disorders originally (P.T.S.D).

In the event that you are concerned that you have re-stimulated a suppressed event that you're unsure about, please email adam@cellularattitude.co.uk with your contact details:

I will put you in touch with a facilitator to assist and support you if required.

I will say that though this has not happened since the book was first published, it is still a possibility.

Step 5. Closing the session.

Ask yourself:

How does this incident seem to me now?

A positive response (I feel good about it, it doesn't seem as bad or I feel better about it) or even a flat one (I don't have any feelings about it, anymore) will have indicated that the charge has been removed.

You might ask yourself:

Did I make any decisions at the time of the incident?

Consider any such decisions and write them down accordingly.

At this point you should have a more positive feeling about the incident and that tells you the exercise is over. If you do not feel more positively about this, then it's possible that the event has not been discharged properly.

For example, instead of being extremely scared of dogs (as a result of a childhood event), you have processed the incidents (and related incidents) to such an extent that you are unworried about dogs. You have gone from 'scared', to 'unworried', which is several steps up the emotional scale.

Remember that very serious trauma should always be handled by a trained facilitator. Even extremely serious trauma can be viewed more positively once the emotional charge has been removed. Some events could never be 'positive experiences', however, they can be improved and be less painful. If you are not sure about this, drop me a line, I'll be happy to help.

If you feel that the incident is not fully processed, go back to Step 1 of this exercise and repeat this process until the incident has been dealt with.

Once you've completed this exercise, say to yourself *This is the end of the session*. You may wish to keep your writing, but it's important for the safety of your session that you destroy it immediately after completing the exercise. If you are thinking of keeping it to look at later, this intention will inhibit your freedom of thought whilst doing the exercise. You should feel completely free to write whatever you want to, safe in the knowledge that all materials will be thrown away (and shredded or torn up, preferably) immediately afterwards. This is one of the reasons that I'd advise NOT to re-read anything you've written, even as you are writing it. If you think that it's for someone else to review (even yourself) it will affect how you connect with yourself in this exercise.

Once completed, you might want to go for a walk, take a long bath, go for a swim, or whatever you usually do to relax. This will further enhance the processing qualities of the exercise.

You may notice that additional insights and realisations occur over the next few days.

My advice is not to do this exercise more than once a week. You need to let your mind adjust to the new realisations before going back in to look for more NECs.



Ideal repetition is every two to three weeks over a period of 3 to 6 months or so, to really get into all the nooks and crannies of your mind and work through all unaddressed traumas or negative experiences impacting your mental health today.