

Michael Hall - Meta States Model

Michael Hall's Articles And Essay Collection. Transforming Anger, Fear, Depression Quickly and Thoroughly META-STATING Negative Emotional States To Transform Anger, Fear, Depression Quickly & Thoroughly In One Fell Swoop. Meta-States Model Overview/ Template by Michael Hall.

A State: a state of mind and body, which can not occur in isolation, hence a mind-body state driven by ideas and meanings (beliefs, values, conceptions that we attach to things, a neuro-linguistic or neuro-semantic state). Our states generate an overall feel or gestalt, so we refer to our states as emotional states. We notate thoughts-feelings as T-F, and the state as a circle. A primary state relates to (or references) some object (person, event, thing) out in the world. A Meta-State (M-S): arises as we T-F about our T-F. In this, our conscious awareness reflects back onto itself (self-reflexive consciousness) to create T-F at a higher logical level. This generates a state-about-a-state (a M-S). Such meta-states relate to, or reference, a previous state. So rather than having to do with something about the world, they have to do with something about some previous "thought," "emotion," concept, understanding, or Kantian category, etc. Hence a meta-state describes a higher level of abstraction @ an abstraction. This creates a conceptual state.

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2 files			1.3 GB