

Activate Your Wealth Group Coaching Program - October 2022

💖 Module 4 - Emotional Regulation - Part 2 💖

Workbook

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BUT FIRST → Click "File" then "Make a copy" to use this as a workbook.

#### Video1 - Attachment:

Attachment is the connectedness between human beings, emotional and psychological, per John Bowlby's attachment theory.

Our attachment to our primary caregivers paved the way to how we interact with the world today.

Research shows that up to 90% of our behavior is imported from our attachment history, which means there is a continuity between your childhood & adult relationships.

Eventhough our attachment style has been passed down to us, it can be shifted.

So the goal is to become aware of what our attachment style is in order to have the power to shift them.

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What is your default attachment style?

You can take quiz here:

<https://www.attachmentproject.com/attachment-style-quiz/>

Video2 - Internal Family System (IFS):

Internal Family System - IFS - “Parts” work by Dr. Richard Schwartz

Parts work is a kind of therapy that addresses differences and conflicts in “agendas” between parts that are usually responsible for gridlock in your emotional healing.

Inner Parts *not identified as “Multiple Personalities”*, rather a “sum of one unified whole”.

Source: <https://ifs-institute.com/>

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### **PARTS WORK EXERCISE**

The following steps are a GUIDE. The goal is to have a conversation with your part and come up with a plan to help you move forward.

Ultimate GOAL is to help your part feel seen, heard, and acknowledged in order for them to step back for you to create a new desired reality.

This alone will decrease the intensity of the issue and can begin to shift it.

# PARTS WORK EXERCISE

**INTENTION:** Can be done with 2 different intention:

- Process and Shift what is currently weighing you down
- Open to whatever is needed at this moment in time

**Step 1:**

SCAN body

**Step 2:**

ASK “What part of me needs attention now?”

**Step 3:**

Once you identify the part of your body that needs attention, PLACE hand on it

**Step 4:**

ASK “Are you contributing to <what’s weighing you down>?”

**Step 5:**

If NO, then continue to scan your body and ASK “where is the part of me that needs attention now?”

If YES, ASK “how old are you”?

**Step 6:**

ASK “What are you trying to keep me safe from?”

**Step 7:**

UNFREEZE part, bring it up to speed on where you are today. Share your age, what you have accomplished, and why the action it is taking to keep you safe is no longer relevant today

**Step 8:**

ASK “what do you need to step back?”

**Step 9:**

THANK and LOVE up the part for providing you clarity and support

### Video3 - Emotional Regulation:

*“When we self-regulate well, we are better able to control the trajectory of our emotional lives and resulting actions based on our values and sense of purpose.”*

— Amy Leigh Mercree

It's about riding the waves of life knowing that you can always get back up and try again.

The beautiful thing is that you can intentionally direct your life, it just takes practice, just like riding a bike.

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Being a part of this program and this community IS A REGULATION STRATEGY 🙌

Your system already knows what you need!

✨ Below are some additional regulation strategies ✨

Choose 1 or 2 that resonate with you and begin to do them daily. You can also choose and do some bi-weekly or even monthly.

- ❖ 5/10/20 Breathing
 - Inhale for 5, hold for 10. Exhale for 20
- ❖ The VOO Exercise:
 - Peter Levine...Long “VOO” chanting
- ❖ Eyes Movement “basic exercise”

“Basic Exercise” in his 2017 book, Accessing the Healing Power of the Vagus Nerve, author Stanley Rosenberg

- Look straight ahead
- Glaze toward the right WITHOUT moving your head for 60 seconds
- Look straight ahead again
- Glaze toward the left WITHOUT moving your head for 60 seconds

SOME EFFECTIVE EMOTIONAL REGULATION STRATEGIES:

- SAFE HIGH QUALITY CO-REGULATION
- EXERCISE & MEDITATION
- JOURNALING
- LISTENING TO MUSIC
- GETTING AMPLE AMOUNTS OF SLEEP
- SPENDING TIME IN NATURE
- LIMIT SETTING & TAKING BREAKS
- TRAUMA-INFORMED YOGA
(Kundalini, etc)
- JOHN BARNES MYOFASCIAL RELEASE
- ACUPUNCTURE & MASSAGE
- GUT HEALTH
- ANTI-INFLAMMATORY DIET
- FUNCTIONAL LIFE COACHING
- SOMATIC EXPERIENCING
- NEUROFEEDBACK
- EMDR / BRAIN SPOTTING
- DEVELOPMENTAL, PSYCHODYNAMIC OR ATTACHMENT THERAPIES
- CLINICALLY APPLIED PSYCHEDELICS
Ketamine, MDMA, Cannabis, Psilocybin