

# THE BRAVE ONE JOURNEY

## Your Body Guard - Step 3, Part 2

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● What's MOST important for us? We can baby our \_\_\_\_\_.

### ● Stress Without Relief

Parasympathetic nervous system "freeze" or "fold" (collapse) works to keep us from having a heart attack or dying from a \_\_\_\_\_ heart.

### ● Our brain and body decides how much pain we can handle and selects from a menu:

- Slow down
- \_\_\_\_\_ freeze
- Collapse

● When our brains and body become too overwhelmed, they are automatically programmed to conserve \_\_\_\_\_ by shutting our systems down.

### ● Bessel Van Der Kolk - "Trauma victims are alienated from their bodies."

- Numb \_\_\_\_\_
- Unaware of what's going on
- Trapped in a \_\_\_\_\_ response
- Chronically feel unsafe in their body



DR. SHERI

# B1

- Don't fully inhabit their \_\_\_\_\_
- Difficulty with feelings
- Numb through food, exercise, work, drugs, alcohol, or rage to \_\_\_\_\_ overwhelming feelings

*"The longer they do this, the more difficult it becomes to remain present in any given moment."*

Van Der Kolk, The Body Keeps the Score – Chapter 16



## ● It's Possible to Get Stuck in a Trauma Response Even After We're \_\_\_\_\_

## ● Exploring the Stress/Disease Connection - Stress without

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- Cancer
  - Heart issues
  - Blood pressure
  - Irritable Bowel Syndrome, Colitis
  - Immune Dysfunction (Fibromyalgia, Chronic Fatigue, Cancers)

## ● Need to Take Care of Ourselves with \_\_\_\_\_ to Treatment Professionals

- Anxiety/Depression
- Heart disease
- Hypertension
- Hyperthyroidism
- Endocrine Disorders

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- Fibromyalgia
- Inflammatory Disease
- Chronic Fatigue Syndrome
- Digestive Disorders
- Colitis, IBS
- Diverticulitis
- Adrenal Exhaustion
- Restless Leg
- Increased Infections
- Dissociation, Avoid, Numbing
- Emotional Edginess
- Poor Sleep
- Cancers/Breast Cancer

**● Discovery History - Heart issues, cancer, gastrointestinal, gynecological, adrenal issues, often parallels with what's been happening in the \_\_\_\_\_ of her house.**

*The idea of what she doesn't know won't hurt her - isn't true. What we don't know is hurting us.*

**● How Does Trauma Effect our \_\_\_\_\_?**

**● The Traumatized Brain - Posttraumatic Stress Disorder**

**● \_\_\_\_\_ Brain Versus Post Traumatic Stress Disorder**



## ● PTSD - When A Diamond's Not a Girls \_\_\_\_\_ Friend

- Increased Anterior Cingulate – Gear Shifter
- Increased Basal Ganglia – Gas Pedal
- Increased Thalamus (Limbic) – Highly Charged Memories
- Increased Hippocampus - Memory Storage

## ● What it feels like for us

1. Our \_\_\_\_\_ gas pedal is pushed to the metal.
2. Our painful thoughts circle like a merry-go-round.
3. We fight depression from our unwanted \_\_\_\_\_ beliefs.
4. Our moods and emotions vacillate all over the map.
5. We get triggered as our \_\_\_\_\_ are stored with an instant replay to warn us about what's happened.

(Keffer, Intimate Deception: Healing the Wounds of Sexual Betrayal, 2018, pg. 161)

## ● Example of EMDR – before and after

## ● How can we help ourselves get in \_\_\_\_\_ with our brain, body, mind, and heart?

## ● The \_\_\_\_\_ Council

- UGG (Primal Brain) - "Am I Safe?"
- What is UGG responsible for?
- What does UGG need?

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- AMY (Limbic System) - "Am I Loved?"
- What is AMY responsible for?
- What does AMY need?

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- CEO (Cerebral Cortex) - "What choices can I make"
- What is CEO responsible for?
- What does CEO need?

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- HARMONY (Hippocampi)
- What is HARMONY responsible for?

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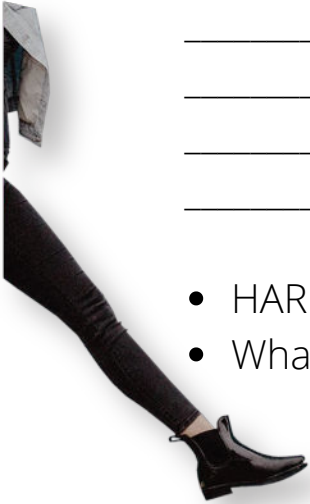
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## ● What Happens When We're \_\_\_\_\_?

## ● Team Players and the \_\_\_\_\_ Mind

## ● The Body's Thermostat Resource available in Intimate Deception: Healing the Wounds of Sexual Betrayal or at [BraveOne.com/Store](http://BraveOne.com/Store)

## ● Toughest part of Trauma Recovery - \_\_\_\_\_ is going to care more about taking care of you - *than you.*

## ● What Does Self-Care for Trauma Look Like?

As trauma \_\_\_\_\_ we have to get on our own gurney and take care of our bodies.

- Deep/Slow Breathing
- Sleep (7-9 hours of sleep)
- Relaxation
- \_\_\_\_\_
- Outdoors
- Water
- Self-compassion
- Enjoy the \_\_\_\_\_ things
- Boundaries - "The courage to say \_\_\_\_\_ by protecting yourself."
- Replace negative trauma-induced shame beliefs with positive truths about ourselves
- Hugs
- Ongoing \_\_\_\_\_ group

- Medical visits for your body and brain
- Supplements and/or psychotropic medications
- Eat like your \_\_\_\_\_ depended on it - it does
- Practice listening to your gut and learning to trust yourself again
- Addressing issues of \_\_\_\_\_ and helplessness
- Grounding exercises to be in the "Here and Now"



## ● Four Elements \_\_\_\_\_

Adapted from: Shapiro, E. (2012). 4 elements Exercise. Journal of EMDR Practice and Research, 1(2),113.115

1. **Earth** - Take a minute to get your feet on solid ground. Sit down and firmly touch the floor with your feet. Look around and notice three things. See each and listen to yourself say its name out loud. This helps to calm down UGG and AMY and get your CEO back online.
1. **Air** - Take a minute to do about a dozen deep, slow, belly-filling breaths. Breathe in through your nose for three seconds and then hold for one second; then slowly breathe out through your mouth for three seconds. When you breathe out slowly your heart rate calms down.
2. **Water** - Make saliva in your mouth and swish it around for thirty seconds. When you make saliva it turns on your digestive system and helps your body to relax and get back into the comfort zone.
3. **Fire** - Use your mind to fire up a good memory of a calm place that brings you relaxation. Some people see the ocean, a favorite pet, or a green meadow. What is it for you? Engage your senses by asking what you would see, hear, smell, taste, or touch.





## **BraveOne BOOSTERS**

### ● **Take a moment to journal your answers to these prompts**

- After reflecting on UGG (the primal brain) and asking yourself “Am I safe?,” what do you need?
- After reflecting on AMY (the Limbic system) and asking yourself “Am I loved?,” what do you need?
- After reflecting on the CEO (Cerebral Cortex) and asking yourself “What choices can I make?,” what do you need?
- Go to the bottom of page 10 and choose one thing from the bullet points you can do to care for yourself this week.