

Practicums for the Advanced ImTT Workshop



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1. Frozen

1. Imagine that you have to do something that you know that you cannot do. It could be climbing a mountain, swimming a mile across the ocean to an island, walking a ledge with a 100-foot drop.
2. What would be your behavior and feelings if someone told you that you had to do it?

3. In what areas of your life have you behaved or felt that way?

4. The frozen feeling is a likely cause of that behavior when the behavior is something that you actually could do but you act as if it were something you couldn't do.
5. Do the Frozen Protocol linked with that behavior or feeling.
6. Use a past event if you cannot identify a frozen EF linked to current behavior.
7. After releasing the frozen feeling, how has your attitude change or not changed toward that behavior?

2. Action EF Practicum

Embedded Feelings are either Feeling EFs or Action EFs.

Action EFs include feelings such as:

1. Feeling of running away (escaping)
2. Wanting to please others
3. Wanting to belong
4. Wanting to impress others
5. Wanting to be like someone else
6. Oppositionalness
7. The feeling of “begging mother to not leave me alone.”

Identify an Action EF in in your life and release it. How do you feel afterwards?

3. Morphing Technique Practicum

The purpose of the Morphing Technique (MT) is to uncover an underlying feeling or image that may either be blocking the deconstruction of the image or to identify feelings linked with that image. The MT is useful for working with dreams as well as memories that the person is numb to.

Morphing Technique Instruction:

Allow your mind to change that image (dream, memory) into anything it wants to. Don't try to make it change; just allow your mind to change that image to anything it wants to.

Practicum:

Choose a memory that you don't seem to have a lot of feeling towards but rationally you should have some feelings. Do the MT on that memory. You can use a culturally acquired image also.

What is the memory or image?

What did it change to and how would you process it?

4. Overwhelm and Procrastination Practicum

1. Choose a time or events that have made you feel overwhelmed or activities that you procrastinate about.
2. Release the Freeze Feeling or Anticipated Image creating the feeling or behavior

Practicum

- ❖ **Overwhelm question:** When you think of the things you have to do, can you notice yourself freezing up?
- ❖ **Procrastination Question:** when you think of doing (fill in the blank) do you feel yourself freeze?

Write your response:

Release the freeze feeling underlying the behavior. If no Freeze Feeling is identified, release the Anticipated Image.

When you think of that behavior after the release, what is your feeling toward that behavior.

5. Displacement Practicum

Charlie likes to watch snuff feels. What are the likely dynamics?

6. Win/Lose and Status Practicum

Release the images of how people “should” be or what a high-status person is (white, male) or what a low status person is (just about anything else).

Identify the status image to be released

Identify any change in attitude or feeling after the image was released

7. Black Tar Practicum

- ❖ “Black tar” is the energetic equivalent of toxic sludge.
- ❖ Because black tar is so sticky and hard to release, release the black tar directly out the skin or wherever the person can release it.
- ❖ If the person has difficulty releasing it, have them visualize some form of solvent to dissolve it or vibrating sound to remove it.
- ❖ If these visualizations don’t work, suggest that they devise their own method for releasing the black tar.

Practicum

Instruction: Scan your body for any kind of thick substance no matter what the color.

Describe how it feels after releasing the black tar energy

Image/Feeling Protocol

The Image/Feeling Protocol (IFP) is used when the image is not energized by an embedded feeling (EF) such as pain, terror, guilt, or shame. These types of images include Feeling-State images, anticipatory images, and cultural images. In all of these images, the feelings are embedded in the image itself—not in a separate EF. This means that an EF does not need to be released using the P/TRP pattern prior to deconstructing the image.

Discussion of images that can be deconstructed with the IFP.

Anticipatory images: Anticipatory images are images that are created by a person in anticipation of what might happen. On the other hand, images created as a result of trauma, are created as a result of an event that did happen. This means that anticipated images are not created as a result of all the same reactions that trauma-created images are created. For example, shock and freeze reactions are psycho-physiological reactions that occur during an actual traumatic event. Since shock and freeze reactions are not present when an event is anticipated but has not occurred, these feelings, as well as others, are not embedded in the body. Rather, any feelings in an anticipated event image are feelings that have been projected into the image itself. Since feelings in an anticipated event are embedded in the image and not the body, the feelings should be drained from the image itself.

Feeling-State Images: Feeling-State images are images resulting from a positive event. The intensity of the positive event creates a fixation between the behavior and the feeling. This means that the positive feeling is part of the image itself. There is no separate EF apart from the image. The IFP, then, can be used to deconstruct the image with the use of the P/TRP.

Cultural Images: Cultural images are images of values promoted by the culture. For example, the images what it means to be a man or a woman are cultural

images. The images are accepted by the person and energized by the person's belief in the image. Often the feelings in cultural images are less intense and more subtle than in images resulting from intense events either positive or negative. For example, the image of being a man may have the feeling of pride embedded in the image. Because the feeling is embedded in the image, the IFP can be used to deconstruct it.

Feelings that are reactions to the image: Distinguishing between a feeling that is embedded in the image and a feeling that is a reaction to the image is important. For example, a woman may have a cultural image that woman should submit to a man. Her likely reaction of anger or disgust is a reaction to the image not a feeling embedded in the image. Once the image has been deconstructed, the reaction to the image will also be gone.

This distinction can usually be easily made by first noticing that the feeling the person is identifying is not congruent with the image. Also, the person will usually be able to distinguish between the two possibilities when asked if their feeling is embedded in the image or a reaction to the image.

Overview of the Image/Feeling Protocol

1. If the image was created as a result of a prior event, process that event-image first..
2. Identify the Image.
3. Identify the feeling that is embedded in the image.
4. Identify the color of the feeling embedded in the Image.
5. Drain the color out of the image.
6. Deconstruct the image
7. Re-image the image.
8. Repeat steps 2 – 6 until the image cannot be re-image.
9. Release the pixel-particles of the image from the body as usually performed in the Image De-Construction Protocol.

Script for releasing an Image/Feeling

We have processed the memory of the event. However, one of the things that we do is to imagine what will happen. So we imagine something happening in the future like what has happened in the past. When we imagine something like this, we are actually creating a new image. So that even though we have processed the image of what actually happened, we also have to process the image your imagination created. Does that make sense to you?

- 1. Okay, so what do you think or feel is going to happen? [Client describes the anticipated image]*
- 2. What is the feeling that is embedded in that image?*
- 3. What color is the feeling? (client identifies the color.)*
- 4. Now I want you to imagine that the [name that color] is dripping [or flowing, whatever word might best describe that process for that client] out of the image and falling to the floor and being absorbed into the earth. (Client indicates when this is completed.)*
- 5. Now visualize the image as being composed of tiny, tiny particles like pixels on a TV screen. [Client indicates when this is done.]*
- 6. Now we are going to deconstruct the image. You can deconstruct the image by dropping the particles to the ground, using a hammer to break up the image, washing the image away, or by using any other method that works for you. Pick a method you like and deconstruct the image. Tell me when you're finished. [Client indicates when this is done.]*
- 7. Now re-image it again, and tell me how it looks. Is the image as vivid as it was, starting to blur, falling apart, or changing in some way? [Client describes the image.]*
- 8. [Continue with steps 2 -7 until the image cannot be re-created.]*
- 9. [Once either the image cannot be re-created , release the pixel-particles of the image from the body. Allow about 3 breaths per part of the body, though more time can be given as needed.]*

10. *Breathe into the center of your brain and release the tiny pixel-particles out the center of your forehead.*
11. *Breathe into the center of your brain and release the tiny pixel-particles out your eyes.*
12. *Breathe into your chest and release the tiny pixel-particles down your arms and out the palms of your open hands.*
13. *See your spine as being composed of guitar strings that go from the bottom of your spine to the top of your head. Breathe into the guitar strings; and as you breathe out, release the tension on the guitar strings and see the tiny pixel-particles radiate out in all directions as you release the tension on the lower guitar strings.*
14. *See the tiny pixel-particles radiate out in all directions as you release the tension on the middle guitar strings.*
15. *See the tiny pixel-particles radiate out in all directions as you release the tension on the upper guitar strings.*
16. *Breathe into your abdomen and release the tiny pixel-particles out your navel area.*
17. *Breathe into your abdomen and release the tiny pixel-particles down your legs and out the bottoms of your feet.*
18. *See a spot 6 inches below your feet, between your feet...breathe into that spot...and see the tiny pixel-particles drain down your body, go through the spot, and be absorbed into the earth...see the tiny pixel-particles drain down your body, go through that spot, and be absorbed...absorbed...absorbed into the earth.*
19. *Place your feet flat against the floor. See a six-inch sphere 18 inches beneath your feet. Breathe into the sphere...breathe into the sphere and see the tiny pixel-particles release from the sphere...see the tiny, tiny pixel-particles releasing from the sphere.*
20. *Breathe into your diaphragm...breathe into your diaphragm and release the tiny, tiny pixel-particles out your diaphragm...releasing the tiny pixel-particles out of your diaphragm.*
21. *Breathe into your heart...breathe into your heart and release the tiny pixel-particles out your heart...releasing the tiny pixel-particles out of your heart.*

22. *Breathe into the depths of your heart...breathe into the deep, deep depths of your heart, and release the tiny, tiny pixel-particles from the deep depths of your heart...releasing the tiny pixel-particles from the deep depths of your heart*
23. *Breathe into your throat...breathe into your throat and release the tiny pixel-particles out your throat...releasing the tiny pixel-particles out of your throat.*
24. *Breathe into your voice...breathe into the depths of your voice and release the tiny pixel-particles from your voice...releasing the tiny pixel-particles from the deep depths of your voice.*
25. *Breathe into the right side of your brain...breathe into the right side of your brain and release the tiny, tiny pixel-particles out the right side of your brain...releasing the tiny pixel-particles out the right side of your brain.*
26. *Breathe into the left side of your brain...breathe into the left side of your brain and release the tiny, tiny pixel-particles out the left side of your brain...releasing the tiny pixel-particles out the left side of your brain.*
27. *Breathe into the front of your brain...breathe into the front of your brain and release the tiny, tiny pixel-particles out the front of your brain...releasing the tiny pixel-particles out the front of your brain.*
28. *Breathe into the back of your brain...breathe into the back of your brain and release the tiny, tiny pixel-particles out the back of your brain...releasing the tiny pixel-particles out the back of your brain.*
29. *Breathe into the center of your brain...breathe into the center of your brain and see the tiny, tiny pixel-particles, releasing, radiating out in all directions from the center of your brain...see the tiny pixel-particles, releasing, radiating out in all directions from the center of your brain.*
30. *Breathe into your mind...breathe into the deep depths of your mind and release the tiny pixel-particles from your mind...releasing the tiny pixel-particles from the deep depths of your mind.*
31. *Breathe into the core of your self...breathe into what you think of as the core of your self and release the tiny pixel-particles from the core of your self...releasing the tiny pixel-particles from the core of your self.*
32. *Imagine that you are about to yawn. Imagine that you are yawning a deep, wide yawn. As you yawn, see the tiny pixel-particles release from the core of*

your self...as you feel the yawn throughout your whole body...as you feel the yawn throughout your whole body, see the tiny pixel-particles releasing from the core of your self.

33. *Scan your body to see if there are any particles remaining in your body. If there are, breathe into that part of your body and then breathe the tiny pixel-particles out the pores of your skin in that area.*

34. *Let's re-evaluate the image. What is your reaction to the image now? [There should be some change in attitude toward the image even if some charge remains.]*

35. [If the reaction is intensely charged, re-evaluate the situation. There may be another feeling related to the image.]

When there are multiple feelings related to an image or a memory, the image may become less charged or altered in some way without being completely released after one complete processing with the IDP. This may not be noticed until the next session. Then repeat both the P/TRP and the IDP on the memory or image.

Embedded Feelings Summary

As described in many of the scripts such as shock, freeze, and emptiness, the feelings that a person experiences during an event can remain in the body long after the event is over. In addition, the intensity of these embedded-in-the-body feelings (Embedded Feelings, EFs) can be increased over time as the person continues to experience the EF. For example, the EF of depression can become more intense as the person experiences episodes of depression.

There are five categories of Embedded Feelings: Belief-Feelings, Emotion-Feelings, Physical-Response/Sensation Feelings, Action-Feelings, and Primary Psychological Reactions. All five categories of feelings can be released using the general script for releasing feelings/sensations. The primary reason for separating the feelings into different categories is to clarify the range of feelings that can be released with this protocol.

1. **The Primary Psychological Reactions (PPR)** such as pain, terror, and shock.
2. **Emotion-feelings** are feelings such as sadness, joy, anger, shame, and guilt.
3. **Physical-Response/Sensation-Feelings** are the physical responses that occur during some event. For example, a physical response-feeling can be the withdrawing inside or cringing of a person who was often physically abused. A sensation-feeling may be the feeling of icky or dirty resulting from sexual abuse.
4. **Action-Feelings** are EFs that generate an action to do something. Examples are wanting to please others, wanting to be like someone else, the feeling of running away, and feeling the need to be perfect.
5. **Feelings of Absence:** Feelings of Absence are separated out from the other forms of EFs because of their importance. Feelings of absence are created by the absence of appropriate interactions within relationships.
6. **Cognition-Feelings** are feelings that have a cognitive component. For example, the statement “I feel broken” is a belief-feeling.
7. **Feelings of Grumbling** are usually low intensity feelings of some form of dissatisfaction.

Once the concept of Embedded Feelings is understood, the identification is easy. Any time a person states “**I feel...**,” this feeling can be released using this protocol. Examples: I **feel** trapped, I **feel** broken, I **feel** terrified, I **feel** icky. Other ways that people state EFs are with words such as “wanting” as in “wanting to please others” or “needing” such as in “needing to be perfect.” However, the person states the feeling, the feeling can be released with this protocol.

Identifying the origin (the original memory) of the feeling is not necessary in order to release the feeling. An EF may be the result of many different events. If a specific memory surfaces during the release, complete the release if possible and then process the memory afterwards. Not needing to identify a specific originating memory in order to release the EF provides a very effective shortcut to changing a person’s current psychological state and behavior.

The following words and phrases that people use to describe their feelings are just a few examples of the different types of feelings that can be released with this script. However, there are as many feelings as a person can say, “I feel...”

Examples:

unfair, destroyed, crushed, devastated, broken, like an 8-year-old, small, weak, alone, “I don’t want to give it up” (whatever “it” is) trapped, like hiding, jealous, envy, longing, cringing, stomach dropping, hollow, boredom, loneliness, taunted, bullied, despondent, untethered, despair, needing to be perfect, wanting to please others, icky.

An Action EF generates behavior in the present.

- ❖ An AEF motivates behavior.
- ❖ Once an AEF is created, the AEF has a life of its own creating subsequent behaviors.
- ❖ Sally had an embedded feeling of having to have things her own way. This feeling was created as a reaction to a mother who had to have things her own way.
- ❖ Feeling of running away (escaping)
- ❖ Wanting to please others
- ❖ Wanting to belong
- ❖ Wanting to impress others
- ❖ Wanting to be like someone else
- ❖ Oppositionalness
- ❖ The feeling of “begging mother to not leave me alone.”
- ❖ The action EF is released when the consequence of the negative feeling is not identified. The consequence appears to have little power.
- ❖ Example: “I have to be perfect.” Vicki says that, if she is not perfect, her mother will send her “to her room.” However, there is no real intensity when stating this.
- ❖ Releasing the EF is then a good place to begin
- ❖ The challenge with AEFs is to identify them.
- ❖ The tendency is to overlook the feeling and try to identify the event(s) that created them.
- ❖ Often the memories will surface once the AEF is released.

This dynamic of a feeling remaining in the body applies to all feelings that occur during an event such as dread, the sensation of cringing, the sensation of being trapped, etc. The cognition a person might have about a feeling such as “I feel trapped” are the person’s description of the feeling. The feeling of being trapped is released by releasing the sensation of being trapped followed by the deconstruction of any images linked with the feeling.