



# **Enter A New Dimension**

## **Image Transformation Therapy**

### **Survival Rage Script**

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**Excerpt from the book**

**Image Transformation Therapy Scripts for Therapists**

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**It is clear from people's behaviors concerning our current national conflict that people are reacting with Survival Rage. We feel endangered because of the power plays, lies, cheating, and lack of good faith by people whose only concern is winning and staying in power. Our survival rage and urge to fight is a natural reaction to this threat.**

**The challenge is to be able to constructively use this energy. Because of the intensity of the survival rage, suppressing the intense feelings can cause despair, depression, and various psychosomatic problems. The solution is two-fold. The first step is to release the overly intense built-up reaction so that the person can think clearly and do the second step. The second step is to take action. Take action so that the survival rage that will continue to be activated can be channeled into constructive creative behavior.**

**As one of my actions, I am offering for free the script for releasing survival rage. Use it, copy it, and send it to whomever you think would benefit. To get a PDF file to forward, go to [www.imttherapy.com](http://www.imttherapy.com) and click on the "more" button.**

# Survival Rage

Survival rage is a Primary Psychological Reaction (PPR) that energizes the “fight” response when a person’s safety is endangered. Because Survival rage is a PPR, there is no underlying feeling to be released. Rather, survival rage is directly released in the same manner as pain and terror are released.

Survival rage differs from anger in its purpose. The purpose of survival rage is survival; the purpose of anger is to maintain relationships but alter them by setting boundaries and communicating.

The release protocol of survival rage differs from the other PPRs because survival rage is more intense than other PPRs. Instead of asking the client where he senses the color of the survival rage feeling on the body, survival rage is released first from the feet and then from the rest of the body. Also the color is not visualized as color particles but, rather, as a flow of that color leaving the body. Because the survival rage feeling is more intense than other PPRs, its release often takes longer. People usually experience a sense of deflation as the feeling releases. Once the feeling has been released from the feet as much as possible, the client can be guided through the normal pattern of release beginning from the head.

## Script for Releasing Survival Rage

**Script:** *What you appear to be experiencing now is survival rage. You can probably feel how incredibly intense it is. The problem with getting triggered into survival rage is that you're really not in control. You can't think right when the rage is that intense. So what we're going to do is release the feeling so that you're in better control of your life. Does that sound like a good idea to you?*

1. *What color is the rage?*
2. *From now on, I don't want you to think of anything but the color. Forget everything else. Just focus on the color, okay?*
3. *Now take a breath and visualize the [state color] flowing down your body and flowing out your feet. Take as much time as you need. Just see the [state color] flowing down your body and out your feet.*
4. *[Do not release the color from the rest of the body until the person indicates that there has been a significant reduction of intensity of feeling.]*
5. *Breathe into the center of your brain and see the [state color] flow out the center of your forehead.*
6. *Breathe into the center of your brain and see the [state color] flow out your eyes.*
7. *Breathe into your chest and see the [state color] flow down your arms and out the palms of your open hands.*
8. *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 [state color] radiate out in all directions as you release the tension on the lower guitar strings.*
9. *See the [state color] radiate out in all directions as you release the tension on the middle guitar strings.*
10. *See the [state color] radiate out in all directions as you release the tension on the upper guitar strings.*
11. *Breathe into your abdomen and see the [state color] flow out your navel area.*
12. *Breathe into your abdomen and see the [state color] flow down your legs and out the bottoms of your feet.*
13. *See a spot 6 inches below your feet, between your feet...breathe into that spot...and see the [state color] drain down your body, go through the spot, and be absorbed into the earth... see the [state color] drain down your body, go through that spot, and be absorbed...absorbed...absorbed into the earth.*
14. *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 [state color] flow out the sphere...see the [state color] flowing out the sphere.*

15. *Breathe into your diaphragm...breathe into your diaphragm and see the [state color] flow out your diaphragm...see the [state color] flowing out of your diaphragm.*
16. *Breathe into your heart...breathe into your heart and see the [state color] flow out your heart...see the [state color] flowing out your heart.*
17. *Breathe into the depths of your heart...breathe into the deep, deep depths of your heart and release the [state color] from the depths of your heart... see the [state color] releasing from the deep depths of your heart.*
18. *Breathe into your throat...breathe into your throat and see the [state color] flow out your throat...see the [state color] flowing out your throat.*
19. *Breathe into your voice...breathe into the depths of your voice and see the [state color] flow from your voice...see the [state color] flowing from the deep depths of your voice.*
20. *Breathe into the right side of your brain...breathe into the right side of your brain and see the [state color] flow out the right side of your brain...see the [state color] flowing out the right side of your brain.*
21. *Breathe into the left side of your brain...breathe into the left side of your brain and see the [state color] flow out the left side of your brain...see the [state color] flowing out the left side of your brain.*
22. *Breathe into the front of your brain...breathe into the front of your brain and see the [state color] flow out the front of your brain...see the [state color] flowing out the front of your brain.*
23. *Breathe into the back of your brain...breathe into the back of your brain and see the [state color] flow out the back of your brain...see the [state color] flowing out the back of your brain.*
24. *Breathe into the center of your brain...breathe into the center of your brain and see the [state color] radiate out in all directions from the center of your brain...see the [state color] releasing, radiating out in all directions from the center of your brain.*
25. *Breathe into your mind...breathe into the deep depths of your mind and see the [state color] release from your mind...see the [state color] flowing out from the deep depths of your mind.*
26. *Breathe into the core of your self... breathe into what you think of as the core of your self and see the [state color] flow out from the core of your self...see the [state color] flowing out from the deep core of your self.*

27. *Imagine that you are about to yawn. Imagine that you are yawning a deep, wide yawn. As you yawn, see the [state color] flow out 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 [state color] flowing out from the deep core of your self.*
28. *Let's reevaluate the feeling. Does that rage feel less intense now?*
29. [If the rage is still intensely charged, if another feeling has surfaced, or if the color has changed, reevaluate what the person is feeling. If another feeling has surfaced, the feeling may need to be released with either the P/TRP or F/SRP.]
30. [If the rage is less charged, process the memory creating the rage.]