

Limbic Retraining Notes Session 2

Limbic Daily Exercises:

Print and place the steps in a honeycomb pattern on the floor.

Prior to starting - bring something to mind you find currently challenging. Situation, symptom, stimulus.

Step 1: Stuck - stand here.

Smile and say out loud Stop stop stop and as you say this - step backward towards aware position - step 2. Also bring hands from crossed in front of you and back three times. (with each stop)

You're not saying stop to the symptoms - but to the old neural patterns that keep your brain stuck in a trauma loop

Your symptoms will naturally decrease as you regulate this.

Can use alternate words if stop isn't a great word

- Hush, hush, hush - Quiet, quiet, quiet
- Change, change, change - Enough, enough, enough
- Ssh, ssh, ssh

Make the language more your own

Step 2: Aware

Gently tell your limbic system that it is sending inaccurate signals to your mind and body.

This step helps your brain become aware of the link between your condition and being stuck in a stress response.

Both hands on temples - "My brain is stuck in a rut" -

Both hands on center chest - "and is sending my mind and body"

Both arms down and away from body "False messages"

Step 3: Past

Say out loud a past statement

This helps your brain reattribute symptoms to the overfiring of threat mechanisms

Recognize that your past coping behaviors have been ineffective

Your past statement includes 3 things:

1. What is happening in the brain - the overfiring of protective mechanisms
2. A few of your symptoms
3. A few of your coping mechanisms

If listing specific symptoms create negative emotions, make the statement more general

You don't need to list every symptom for this step to be effective

Start with both hands on the right (bent and naturally pointed up) with the first part of statement

Then both hand up on the left for the symptoms part of the statement

Always say:

Over-firing of protective mechanisms in the limbic system
(Arms on the right).

(Then arms to the left) and say your own part.

...in the past resulted in anxiety, food sensitivities, and pain, which led to behaviors like avoidance and isolation.

...in the past resulted in inflammation, infections, and fatigue, which led to excessive bed-rest and withdrawal.

...in the past resulted in hypersensitivity to chemicals, food and energy output which lead to isolation and avoidance behaviors

...in the past resulted in uncomfortable symptoms which led to unhelpful behaviors. (more general)

Step 4 - Choice

The choice step empowers you to choose a new strategy as you declare a new commitment to rewire your brain

Both hands on temples - "But now I know"

Move arms down to form an X in front of chest "these symptoms are the result of crosswiring in my limbic system"

Then thumbs toward your chest (pointing at self) - and then moving around your head - on the sides -

"And I choose to rewire my brain"

Step 5 - Higher Self

Higher self position has an expansive perspective

You look inside with love and compassion at yourself and your limbic system

You recognize that your symptoms do not represent who you are

3 parts while on higher self.

Pivot to face choice positions - congratulate yourself on wisely choosing to rewire your brain

Pivot to the past - thank your limbic system for the work it has done - it did the best it could to protect you.

Pivot to choice - what is your new choice moving forward.

Examples:

1. Face choice - "Way to go Stacey. Great choice! I love you and am so proud of you."
 - a. Use hands if you can
2. Face past - "Thank you so much, limbic system, for protecting me in the best way that you knew how."
 - a. Hands together over heart. After the statement, move hands down to sides.
3. Still Face past - "It's okay - you didn't have all the information. You have been working overtime. You can relax now."
 - a. Move hands down and out
4. After you face choice, and then past - face choice again.

“Stacey, what state are you choosing now?”

Step 6 - Choice

Move back to choice

State your proclamation with the gesture you chose.

Now do all 6 steps.

Aim for 100 repetitions of 1-6 before adding the next ones in.

Step 7 - Memory

Make a list of memories to use in this step.

They should all be positive.

Use each memory a max of 7 times and then move to a new one.

See slides for examples.

You will be describing the memory using all your senses, and

infuse all the positive emotions with that memory into your body.

This should last 5 minutes or so.

End with 3 deep anchoring breaths

Step 8 - Future

Bring the emotion of step 7 with you

Visualize a new state of wellness

Use the present tense

See yourself as completely healthy and vibrant

No negatives - focus on positive feelings.

Imagine it spreading through your body

- Focus on the feelings spreading slowly and try to imagine feeling it

Do not focus on limitations

Take 3 deep breaths

Step 9 - higher self

Congratulate yourself

Practice 4 full rounds of the retraining steps (1-9) using the memories and future visualizations you created.

