

Research has shown most people who come out of emotionally and psychologically abusive relationships will likely have Complex Post Traumatic Stress Disorder, along with a range of health issues such as fibromyalgia, digestive issues, adrenal fatigue, or liver problems.

You might find yourself constantly stuck in fight, flight or freeze mode.

A part of your brain called the hypothalamus will secrete neuropeptides, to which you can become addicted. In other words, you can actually become addicted to the cycle of trauma.

The reinforcement of reward and punishment creates a cycle of abuse, establishing powerful emotional bonds that are very difficult to break; this is called trauma bonding.

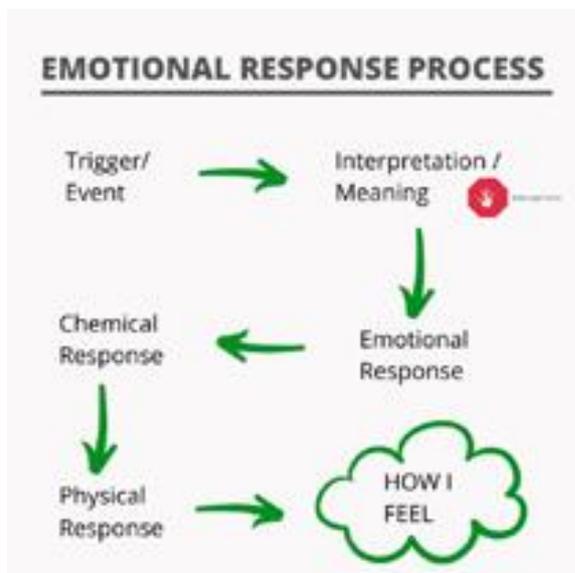
Trauma bonding locks you in the cycle of abuse and escaping it can bring withdrawal symptoms similar to coming off a major drug like heroin. Hence your feeling of being compelled to respond to the abuser's hooks.

It is helpful to understand how and why we become addicted to trauma in the first place and what contributes to us becoming co-dependent.

How to turn the Pain into Power

Heal

The diagram below helps to describe what is going on in your brain and body when you receive a triggering event. This understanding will ultimately help with your healing and recovery process.



After the trigger event, we see what interpretation and meaning you are attaching to certain events.

For example, your former partner has sent you an abusive message which implies you are a terrible person, such as “you are a liar!” or “you never tell me anything!” when you know you are doing the right thing.

¹<https://www.blueknot.org.au/ABOUT-US/Blog/ID/202/Different-types-of-trauma-andimpacts> Article with references to 18 studies on the effect of trauma.

Feeling the anger and wanting to defend yourself immediately, you would naturally go through all of the steps in the diagram, allowing the interpretation and meaning to dictate your emotional response, which is followed by a chemical response and then a physical one. This is where traumas have the potential to be encoded permanently.

So what evidence-based techniques can we use to help heal? Here are a few very powerful tools which I have found to be transformational in my own healing.

Havening® Techniques

Havening® Techniques are a new form of psychosensory therapy that helps permanently treat and heal traumas, anxiety and phobias, as well as to create positive changes in the brain. It is named for the word ‘haven’, a safe place.

The technique applies a sensory touch to the face, arms(shoulders) and/or hands to produce “Delta Waves” which set off an electro-chemical chain reaction through the body and into the brain.

This process will help disconnect the encoded memory from the emotional response - it interrupts the emotional response process in the diagram above at the interpretation/meaning stage.

Distraction techniques are utilised whilst this is occurring, such as counting and visualising. This process is continued through several rounds without any further need to recall the event until the negative feeling is gone.

This revolutionary new technique has been absolutely transformational for me in overcoming a lot of my Complex Post Traumatic Stress Symptoms from narcissistic abuse.

There is no need to dredge up the story over and over again, as with traditional talking therapy, or medicate with potentially unnecessary drugs.

Havening can be done by touch on the parts of the body illustrated here:

Image used with permission from <http://www.havening.org>



Although all techniques are very powerful, Face Self-Havening® is the most powerful, followed by the Arm Self-Havening and then Palm Self-Havening.

** For best results only used Certified Practitioners found on the www.havening.org website.

Emotional Freedom Technique (EFT)

Emotional Freedom Technique (EFT) is scientifically validated form of energy psychology. It is a simple, fast and easy to learn technique that involves tapping on the acupuncture points, while focusing on the problem.

Image Credit www.thrivingnow.com



EFT re-balances the body's energy system by short-circuiting the brain's stress response and re-programming it to think differently about the problem. EFT has also been shown to rapidly reduce the emotional impact of memories or traumas that trigger distress and ultimately disease.

EFT can be used to clear old traumas and welcome new, positive beliefs.

Learn how to Self-Haven with Havening Techniques® and use Emotional Freedom Technique with the videos at www.maenorth.com.au

Develop gratitude and new positive beliefs

In Step 2, there are three parts to setting up your belief system in the best way possible.

1. Write a list of the things you are grateful for everyday
2. Get deep down to remove core limiting beliefs
3. Begin programming new, more useful ones

Writing a list of things you are grateful for will shift your focus to that of a more positive mindset.

You might be doing affirmations daily and say, “But I am good enough, I am worthy.” But however much talking therapy you go to (which I love, by the way), if you don’t change that underlying belief at its deepest core level; it will always come back and continue to cause problems.

So how can we programme new, more powerful beliefs into our sub-conscious?

We can use affirmational Havening and Emotional Freedom Technique to instil these new positive beliefs for you to remove your old self - “version 1.0” - and to become your best self “version 2.0”.

Practice your positive affirmations every day. A good way to do this is to record the affirmations in your own voice and add binaural beats. Alternatively, you can download an App like “ThinkUp” which allows you to do this easily.

The best time to listen to your affirmations is when your mind is the most programmable, which is just before falling asleep, and just as you are waking up in the morning.