

Arriving - Core Issue 1

Core Issue: Right to exist, right to be accepted & welcomed just as you are.

Is there a place for me, can I exist here, am I welcome here, can I be here with you ?

In Neo-Reichian Theory -> Developmental Stage:

From conception through time in womb to birth and first few months

Likely Activation:

At every beginning, in new situations, when going into an unknown situation (new group, new job, new relationship etc), the times of creative chaos.

Emotional Need:

Needing security, safety, a good enough place to come into, an environment (both physical and social) that allows active "implantation", growth and human bonding, to integrate self into welcoming world, homeostasis.

If early experiences of this core issue are "good enough":

Will develop sense of being wanted, being welcome, a sense of security, and a sense of the world as being OK

If early experiences of this core issue are not really good enough, the deep emotion repressed in the bodymind will be:

Fear of being in body, fear of feeling; a sense of not being welcome, not feeling secure, no place of safety to be; anxious; hypersensitivity (to noise, to touch, to light, to sudden change, to stimulation); freezing; shock; maybe even terror deep inside.

Defensive Responses:

Using freezing, splitting, dreaming, numbing, "disappearing", fragmenting to cope. Withdraws into head, into thinking, into self. Avoiding contact, touch, intimacy, feeling. (*Also known as:* Schizoid, Fragmentation, Dissociated Pattern)

Breathing of stressed existence pattern:

Interrupted, irregular breathing patterns, holding breath

Tensions in body:

Base of skull, neck, eyes, ears.

Needs to learn:

How to integrate; how to stay in body, grounded, centred; the middle ground; how to set limits; how to stay connected to self and others at the same time. To not only see the world in black and white but in shades of grey; to accept human limitations (not expect superhuman performances from self & others) and ordinary human contacts.

Strengths & Skills:

Creativity; ability to relate to many things, to integrate diverse things, to hop from one thing to another; to quickly make connections; to quickly change; intuition; psychic sensitivity; ability to hold different aspects in different compartments; language skills; ability to think things through; vision of possibilities, ability to dream of future states; ability to cut off from inner or outer realities; ability to enjoy being alone.

Emergency: how to get yourself out of fragmenting trap:

Breathe gently, with awareness of your own breathing/body

Move; look away from what is overwhelming, change perspective

Touch yourself (eg squeeze your hand/your arm)

Become aware of contact as you push a wall/chair etc

Become aware of / focus on sensations in body (not feelings)

Give yourself your own "emergency medicine": find out what helps you in such an emergency - eg hug a teddy, go for a walk in nature, write, paint, sculpt.