

# **“INDECENT EXPOSURE”**



*Healthy versus Normal  
Perception and Communication*

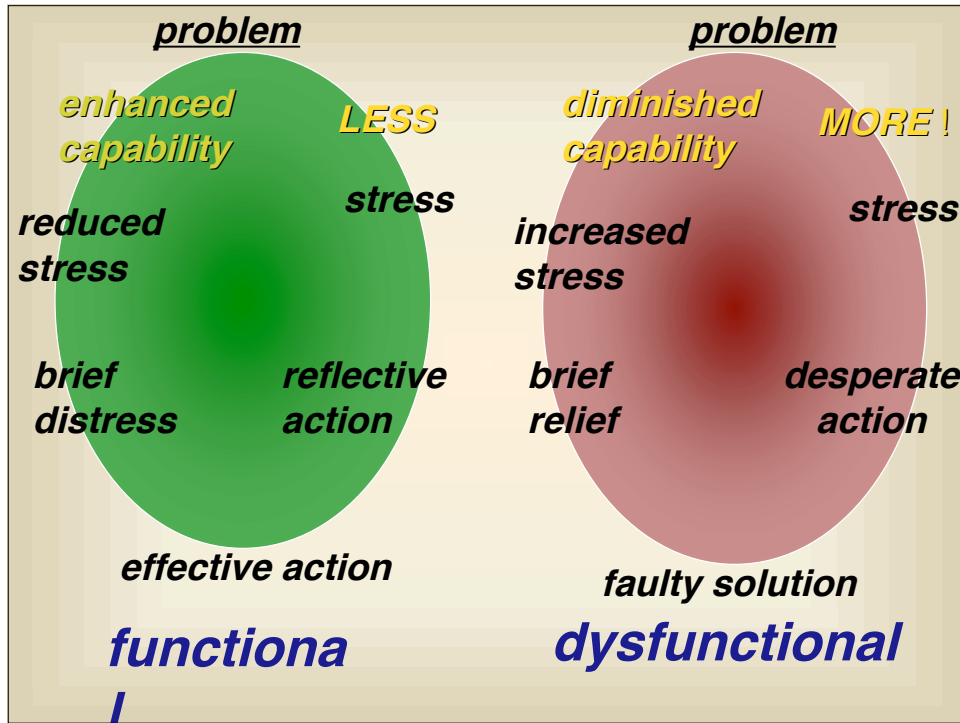
*PRESENTED BY  
THOMAS HEDLUND, MFT.*



## ***Healthy vs. Normal Communication***

***Most people don't have as much  
trouble communicating as they do  
MANAGING THEIR REACTIONS to  
what they think is being  
communicated !!***

*THOMAS HEDLUND*

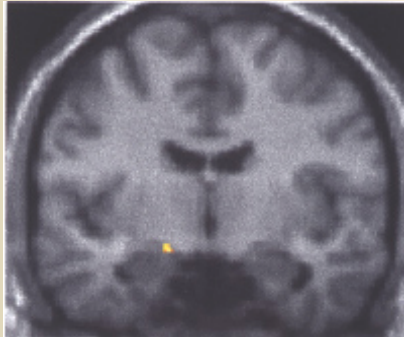


## The Three Part Brain

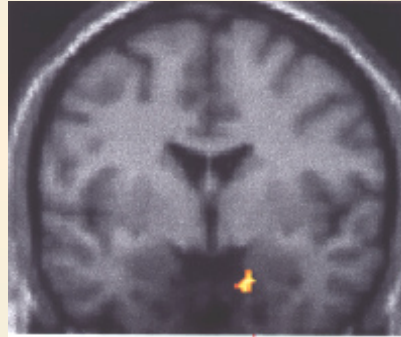




## *Memories of fear in right Amygdala*



Left brain is logical



Right brain is emotional

## *Human Response to Threat* *(perceived or real !)*

### Limbic

**Fight**..... dominate or control to eliminate threat

**Flight**..... withdraw, resist to avoid threat

**Freeze**..... passive, submissive, compliance

### Differentiated

Stay close, emotionally connected to self and responsive to present time circumstances. (frontal lobe activity with limbic awareness and affect regulation).

*Thomas Hedlund, Lmft*

## *Fear Changes the Way We Think*

<b>Sense of Time</b>	Extended Future	Days Hours	Hours Minutes	Minutes Seconds	Loss of Sense of Time
<b>Primary secondary Brain Areas</b>	NEOCORTEX <i>Subcortex</i>	SUBCORTEX <i>Limbic</i>	LIMBIC <i>Midbrain</i>	MIDBRAIN <i>Brainstem</i>	BRAINSTEM <i>Autonomic</i>
<b>Cognition</b>	Abstract	Concrete	Emotional	Reactive	Reflexive
<b>Mental State</b>	CALM	AROUSAL	ALARM	FEAR	TERROR

15 - 30

8 - 15

3 -

1 -

0 - 1

8

3

*Under stress we regress !*

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## *Normal Communication*

- Stimulus ----- Feeling
- Stimulus ----- Action
- Stimulus --- Feeling --- Action
- *“When you.....I feel .....*
- **“You made me! ” Locus of control is external**
- *NOTICE THE RESEMBLENCE TO A CHILD’S THINKING !!!*

## ***Undifferentiated Reactivity***

**Event -----Reaction**

**Reaction-----Reaction**

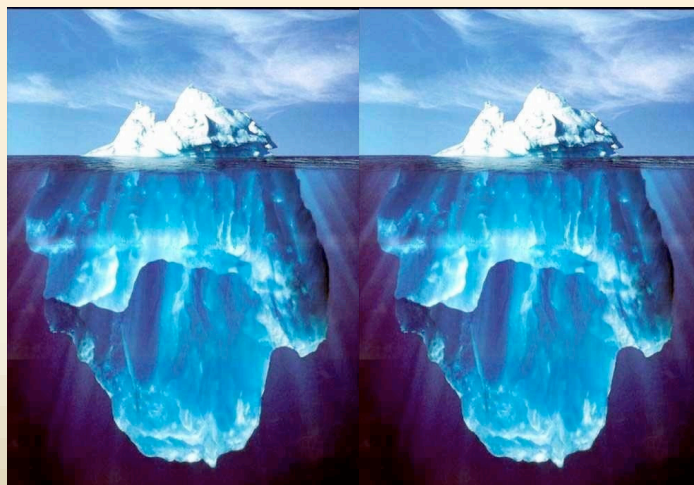
**Reaction-----Reaction**

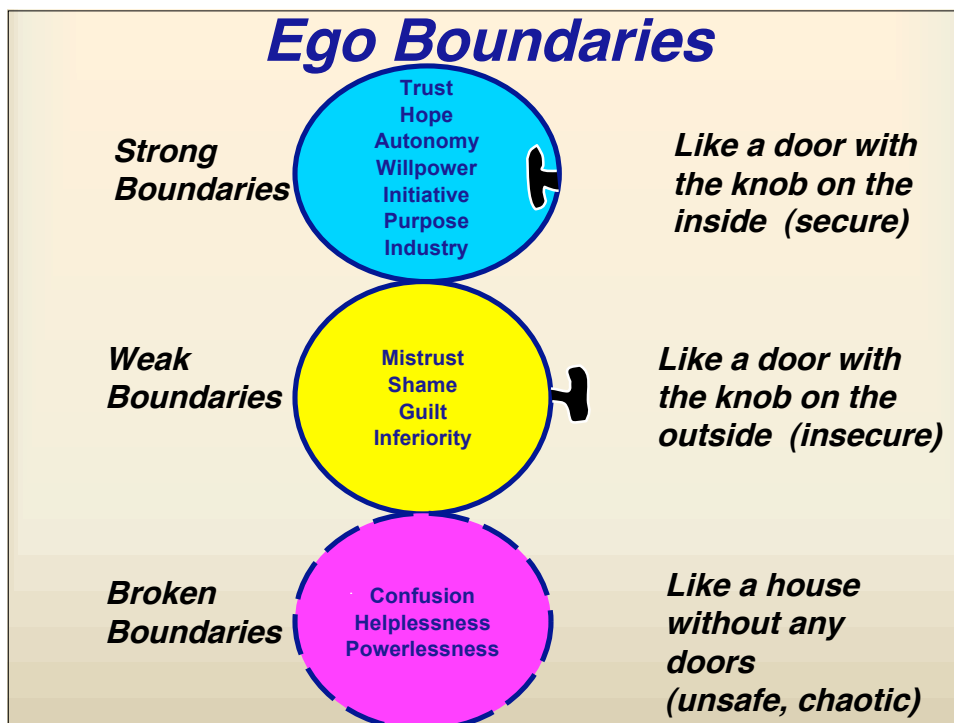
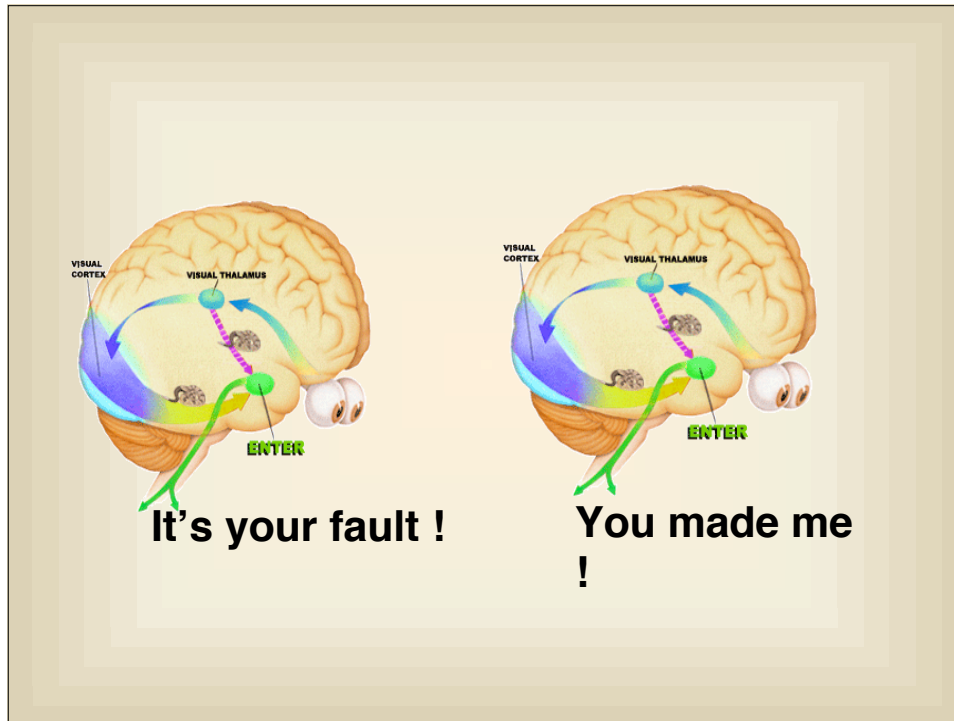
**Reaction-----Reaction**

***Two limbic systems reacting to one another !  
Using variants of fight, flight or freeze***

*Thomas Hedlund, Lmft*

## ***Dynamics of Addictive Relationships and Trauma Bonds***





## ***What self soothing offers***

**Increases the range of enjoyable and tolerable interactions, and adds flexibility and adaptability to the marital bond and family.**

**Intimacy is commonly impeded by fears of exposure, abandonment, angry attack, engulfment, loss of control, and one's own destructive impulses.**

***The real problem, however, is the inability to soothe such fears and not the fears themselves!***

***(The worst things that ever happened to me.....never did !)***

## ***The Five Freedoms***

- ***1. See and hear what you see and hear.***
- ***2. Think what you think.***
- ***3. Feel what you feel.***
- ***4. Want what you want.***
- ***Need what you need.***
- ***5. Imagination and intuition***

• ***(VIRGINIA SATIR)***

## **Healthy Communication** *( differentiated )*

- **Perception** ..... *personal*
- **Interpretation** ..... *personal*  
meanings, thoughts, self talk
- **Feelings** ..... *personal*  
contained, unique, historical, contextual
- **Actions** ..... *chosen*  
congruent, rational, appropriate, present

***Locus of control is internal !***

## **Change Model of Communication**

***All this activity takes place under your skin !!***

***What I see and hear is .....***

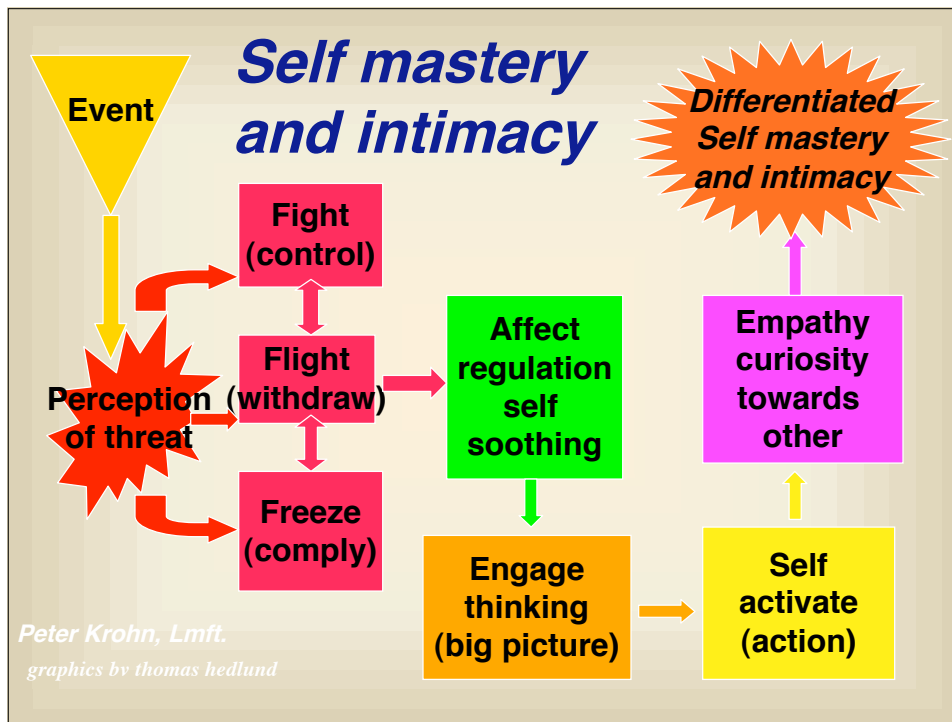
***What I think is .....***

***What I feel is .....***

***What I want or need is .....***

***What I imagine is .....***

***Using Virginia Satir's five freedoms as a basis for self validated disclosure. Non shaming, non controlling method for communicating perceptions, thoughts, feelings and needs as feedback or self disclosure.***



## ***The Intimacy Paradox***

The path to other-validation is through self-validated intimacy. When validation is not needed or demanded, it is more likely to be forthcoming.

Self-validated intimacy is the “bottom line” in marriage, particularly troubled ones; without the ability to persevere when validation from the partner is not forthcoming, couples bog down.

**Schnarch**

## ***Other Validated Intimacy ?***

**I'll tell you about me, but only if you tell me about you. If you don't, I won't either.**

**But I want to, so you have to.**

**I'll go first and then you are obligated to disclose too: it is only fair.**

**If I go first, you have to make me feel secure. I need to be able to trust you.**

*schnarch*

## ***Self Validated Intimacy***

**I am so happy to have you in my life, to share with you my days.**

**My fears of rejection are only a defense against the greater fears of my own separateness and mortality.**

**Come, let me show myself to you, and in doing so, let me transcend my aloneness. I celebrate knowing you and give thanks for this opportunity.**

*schnarch*

## ***Rules for Personal Growth***

- 1. Confront yourself for the sake of your own integrity and personal development.**
- 2. Don't count on your partner confronting him or herself....that is their business.**
- 3. Stop taking your partner's reactions personally.**
- 4. Don't identify with your feelings.**

*D. SCHNARCH PASSIONATE MARRIAGE*

## ***Rules for Personal Growth (continued)***

- 5. Stop trying to change your partner.**
- 6. Stop trying to make your partner listen, accept, or validate you.**
- 7. Forget about working on the relationship and start working on yourself.**
- 8. Focus on your self, and not what your partner is or isn't doing.**

*D. SCHNARCH PASSIONATE MARRIAGE*

## ***Serenity Prayer ( revised )***

*God,  
Grant me the serenity  
To accept the limbic systems  
I cannot change*

*The courage to change  
The limbic systems that I can*

*And the wisdom to know  
That limbic system is my own !*

***Thomas Hedlund, mft.  
406 Chinn Street  
Santa Rosa, Ca.  
95404***

***707 573-0610  
[thedlund@sonic.net](mailto:thedlund@sonic.net)  
[www.thomashedlund.com](http://www.thomashedlund.com)***