

Transcript

Template 3 – [M]INDSET – Mechanism - Emotions

So now let's use template 3b. to practice understanding and learning mechanisms and their dynamics by applying it against an emotion, we could see playing against calm or serenity.

So, at Level 1, when using a supporting mechanism such as accepting or embracing or letting be or even holding. The emotion would be like saying that I am calm or serene, I have calmness or serenity. So basically, would be experiencing the whole emotion without any opposition or block, so it would be positive and without conflict, so harmonious.

Now let's move to level 2 and say that we use an opposing mechanism and see how you may be doing that at times, more often. And for example, by ruminating as a mechanism of worrying or frankly blocking or totally intellectualizing. So, it would be basically "I am not calm.", "I have no serenity." for example. And the experience would be the lack of it, so quite negative. Not experiencing calm or serenity and conflictual because it would be fighting something that can be. So, quite often this is too painful and make unconscious.

Another layer, so at Level 3, is added, so the effect physically are painful of not being calm, so being tense physically and so and so forth. One may want to reduce this physical negative sensation by using substances, food activity and so on to reduce it. Or psychologically, one may add a mechanism that would, let's say, like ritualizing or putting conditions. So, it would be "I will be calm if..." I do such such and such, or such and such routine or ritual or conditions. "I will have serenity and so on and so forth if..." or projecting the whole lack of calm and serenity like anxiety on other people or displacing it. Using displacing, so make other people nervous. Or rationalizing by saying "I cannot be calm because they do this to me". "I can't because of them." or the world, etc. So, the whole experience will still be very negative because there would be a lack of calm and serenity, but a bit more bearable.

So, you can see that these levels: level one would be conducive to happiness and level two and three not very much. So, this template can be used, it's just a way to understand that can be used against also a value, an ethic, a purpose, a notion like we will see. And to understand how we may be using these mechanisms at level two and three, and eventually, let go of them.