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Non-violent communication - NLP

Seminar

Business coaching - Mediation - Pedagogy - Health

What drives us

Emotions, Values, Motivation



Positive intention

Six-Step in Sales



Trauma paradox

Caution: Over-motivated



Harvard and NLP

Successful mediation



Shares, chocolates and the "trauma paradox"

By Cora Besser-Siegmund

Caution: over-motivated! With wingwave against the danger of burnout due to euphoria stress.

What is the connection between the terms ravenous appetite, buying frenzy, stock market fever, emotional frenzy and flight of fancy? They describe the neurobiological state of a high level of excitement due to excessive positive emotions. The word "excessive" already indicates that the person concerned is in danger of missing his or her goal. The positive emotional kick then all too often leads, after a brief flash, to catcalling, regret or even pain, which in turn gives rise to the word "belly landing". aptly describes.

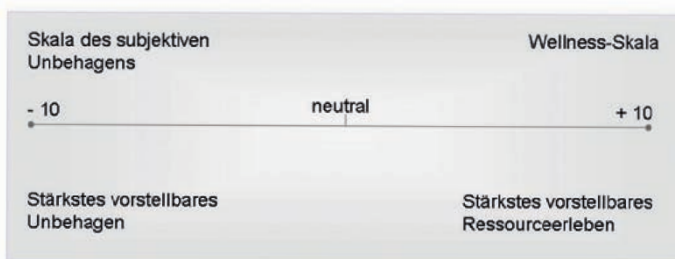
"Exuberance is seldom good", as the saying goes, although this proverb does not mean courage as a "resourceful state", as it is called in NLP, but criticises the excess of this basically positive energy. How can this "unecological" too much of positive emotions that can disturb the inner balance? On the one hand, there is the Odysseus method. Odysseus let himself be tied down to resist the seductive song of the sirens - otherwise he would have been shipwrecked. How much an-

Would it have been more pleasant to enjoy the singing - to have a firm grip on the rudder and stay on course? This is the aim of effective emotion coaching as we practice it with wingwave.



John William Waterhouse (1891): Ulysses and the Sirens

As a co-founder of the wingwave coaching method, I have been working for years on the most effective stress management tools possible. Accordingly, my husband Harry Siegmund and I coined the term "emotion coaching" in 2000. For the visual representation of our clients' emotional intensity, we developed the "Scale of subjective experience content". As can be seen, this bipolar scale has two poles: it goes from negative to neutral to the range of positive expression of an emotional state.



Scale of subjective experience content

In wingwave coaching, our engagement was always initially dedicated to the left side of the scale. We reduced the physical and mental stress associated with so-called "negative emotions" such as fear, sadness, shame, boredom, etc. Several studies at various universities have shown that just two hours of wingwave coaching are enough to noticeably alleviate anxiety, for example.

Since most of our coaching clients come from the teaching sector, they have repeatedly confronted us with the problem of "positive stress" in recent years. They are over-motivated and cannot relax because active performance and positive experiences always give them a "kick" that takes them to the "limit" on the right side of the scale. "It's much harder for me to cut back when I'm excited than when I'm bored with tasks," is how one of our clients formulated his stress problem. And: "When I hear the 'pling' of my iPhone, I am simply too curious about the e-mail that has come in. I have to look at it immediately, no matter where I am."

At first, Kay, 38, owner of a small internet agency, could hardly believe it when his doctor explained to him: "This is a burnout syndrome. Your organism is completely exhausted, it was just all too much." - "But I was doing super well!" complained Kay a week after the diagnosis in coaching. After all, it was all eustress. He loves working in his small, successful company. He runs marathons to compensate. He was thrilled when he was offered a place in the New York Marathon.

A dream come true for any marathon fan". In the weeks leading up to the race, Kay worked particularly hard "in stock" so that he could leave the agency alone with a clear conscience. And before the marathon he flew "quickly" to Las Vegas - according to the motto: "While I'm over there". Then it was on to New York, running the marathon, then quickly back, two jet-lags within ten days. Then came the breakdown. Many people believe that positively occupied activities would not consume any physical energy and that one therefore does not need to recover and regenerate accordingly. They "overdo it" like small children who, completely overtired, cannot leave their toys and react aggressively to their parents who want to put them to bed. Many adults afford themselves a life beyond their physical resources according to this deceptive "feeling great" principle with a good conscience towards themselves. And like Kay, they are surprised when they reach their health limits as a result. Sometimes they seem like people who think:

"If a car is going north, it needs petrol - if it is going south, it doesn't need petrol."

The discrepancy between the exaggerated self-assessment of one's own energies and the real physical capacity originally led to the emergence of the term burnout in the 1970s. In the case of over-powered people in the care professions, it was by no means only negative emotions such as fears that were held responsible for the exhaustion syndrome, but also enthusiasm, enthusiasm for the work, enthusiasm for the work, enthusiasm for the work, enthusiasm for the work.

Thusiasm, commitment to important values out of conviction, joy in doing something special, even perfectionism. Those affected felt physically immune, since they were doing something important and good, and put the well-being of others above the exhaustion signals of their own bodies. They felt driven by ideas for which they were "on fire".

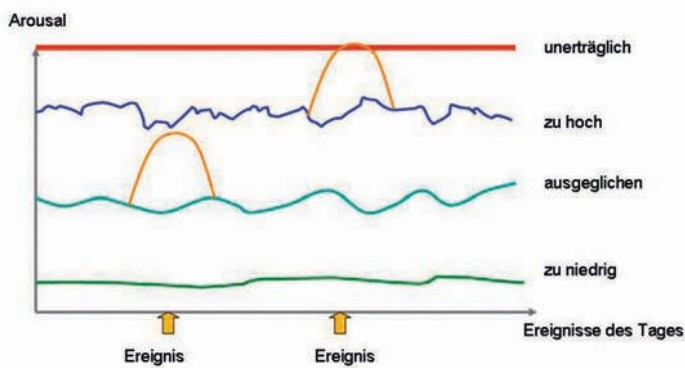
Burning" is also what positive emotions are about. Burning is an experience of pain and in the same sense the term "burning" is also used.

"Passion" comes about: the The "inflamed" person is so enthusiastic that he overlooks or accepts the danger to his physical health.

"Men swarm around me like moths around the light, and if they burn, well, I can't help it ...", sang Marlene Dietrich.

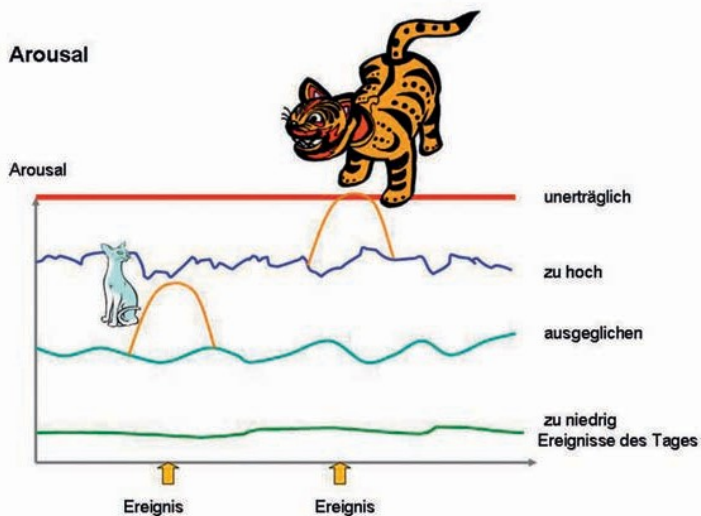


once in the "Blue Angel". This role also convincingly demonstrates that positive emotions can lead to an unhealthy and dangerous level of arousal, which can then turn into distress. In stress medicine literature, by the way, "eustress" does not mean positive feelings at all, but only a moderate level of arousal, which is linguistically reflected in the words joy, flow, happiness or even coolness. Let's take a look at the following diagram. The term "arousal" from stress medicine is equivalent to the German term "Antrieb".



Arousal in general

Stress physicians describe "eustress" as a medium, balanced level of arousal. The person is "adventurous" and is happy about interesting experiences and activities, without which he or she would experience "excruciating boredom". In eustress, all daily events can be processed well. However, if the level is "just below the hat string", even harmless experiences - such as the passing of a small white cat - lead to dramatic reactions. If the arousal is turned up too high, the nerves are on edge and the brain turns the harmless little pet into a dangerous tiger. You get a huge fright.



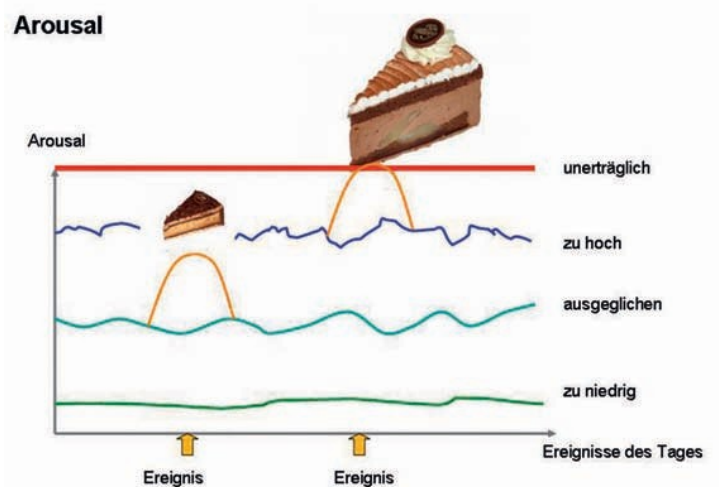
Positive stimuli are also subject to a similar distortion effect: when the arousal is balanced, the cake is a small but insignificant pleasure, but when the tension is high or the hunger is agonising, it becomes a huge, saving anchor that protects us from "going berserk" or even dying. We call this effect

"Trauma paradox: Once the cake has burned itself into the stress memory as a significant survival anchor, it will always be hotly desired from that point on. It binds attention, develops into an intrinsic - that is, intrusive - object of desire and behaves like a traumatic event that is immune to salutary forgetting. Shares and investment objects also experience corresponding overvaluations when people are infected by "stock market fever".

Trauma paradox" is the term we use to describe the stress-prevention of our nervous system with an overly good feeling in connection with an emotionally positive trigger. Chocolate is irresistible even though it makes you fat, we can't get away from the computer even though we are actually dead tired.

The all-too-high distress level, which favours such scale-distorted stress imprints, can - as already mentioned - be fostered by both all-too-negative and all-too-positive states of arousal. From a neurobiological point of view, these states, such as burning passion, greed, panic or unbridled rage, have astonishing parallels:

- ⇒ Excessive activity in the limbic system, the so-called "emotion brain".
- ⇒ Decreased activity in the frontal lobe (prefrontal cortex), therefore little or no chance for the use of self-control, reason, understanding.



Obsessive mental object fixation - called "object fixation"
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"Tunnel vision"

Correspondingly fixed gaze due to high tone of the eyeball musculature (eyes widened in fright),
"stick eyes" at the buffet)

⇒ Overall high muscle tone and motor restlessness

⇒ Automatic action sequences - reaching into the bowl of nuts or "walking miles", even in the cold and rain, to buy cigarettes, stepping out of the car, etc. - are not automatic.

fen with anxiety, etc.

Of course, there are also differences, for example when looking at the nerve messengers involved in each case. In the case of stress caused by negative emotions, noradrenaline or cortisol tend to play a role; in the case of being positively overexcited, the reward substance dopamine is involved, which causes the euphoric kick. Incidentally, brain researchers have now discovered that dopamine is actually supposed to motivate us to learn.

Upsetting euphoria-stress triggering experiences and triggers can be:

⇒ Stimulants, excessive eating and drinking

⇒ Passionate falling in love

⇒ Possessions - from bags and shoes to real estate and shares

⇒ Media maelstrom of television, internet, smartphones

Mental kicks through euphoria reliefs: "You can do anything, you just have to want to!"

⇒ Fixed ideas, religious zeal, etc.

The aim of emotion coaching with the wingwave method is to bring about a healing disillusionment, to make it possible to let go of the objects of desire and thus to find inner peace, as well as to recognise and take advantage of an opportunity to recharge physical and emotional batteries.

Most K&S readers will be familiar with the characteristic method components: wingwave coaches work with rapid eye movements and with the so-called myostatic test, in which the coachee closes his thumb and finger to form a ring of force. If the force holds with countermovement, this literally means "being able to cope"; a weak test is called impairing stress.

Euphoria stress coaching aims at being able to cope with the distance from the inviting triggers. As a he-

When I get to the end of the day, the PC is switched off because I don't feel like sitting in front of the monitor any more. My hand leaves the bowl of nuts alone because it's too lazy to keep reaching for them like a robot. The "Sale!" signs leave me cold because shopping is too exhausting for me today. Unlike the Ulysses method, former victims of consumerism and the eternally "hyper" feel emotionally freed from any magnetic effect after two to five hours of wingwave coaching and feel mentally superior to the tempting seduction.

The mental detachment from the stress of euphoria, the associated idleness and the moments of relaxation that now occur are perceived as extremely pleasant and enjoyed. A study by the psychologist Wilhelm Hoffmann showed that the most important unfulfilled desire of many people is the longing for simple idleness. Euphoria stress coaching can help here.

Basically, this approach can be described as "advertising backwards". Studies have shown that the constant bombardment with advertising also contributes to permanent euphoria stress. A study by the Max Planck Institute for Psychiatry found that pictures of food alone make people hungry, even though they are full. In response to these constant triggers, we have developed a distance training based on wingwave, which we call "offvertising" in the sense of "Put an end to advertising" or the subtle persecutory effect of intrusive images and commercials. Here we combine NLP submodality work with de-stressing wingwave music.

During offvertising training, the brain learns to let our body react to visual enticements such as advertising with complacency and distance or even disinterest.

Many clients have already been able to manage their "cravings" satisfactorily.



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