

When the DEA knocks-an exercise:

Consider the voices you hear in your mind, especially when you get revved up because other people are not adhering to the rules you believe in, or when you are taking things personally, or when you feel inadequate or when you are not getting the love you want. The DEA can show up on a continuum from clear tendencies toward the Dramatic or Demander, to messages—usually “shoulds” that you impale on yourself or others—or feeling states such as Pain (Shame, Anger, etc.) or even physical distress in your body, tightness. You might just “go away” or detach.

Track your reactions for several days and then summarize below. This is a process of understanding your own unique challenge as you attempt positive changes: distinct ways your brain has created self-defeating links, the ways your mind has evolved defenses, and how your body has held on to “issues in the tissues.” The fascinating aspect of this is that we all are quite different when we plumb the depths; we are wired differently based on our experiences (though obviously there can be many similarities).

THINK ABOUT:

How does the DEA show up in your life? Do you tend toward being the skeptic who is out of touch with your body and feeling, having no spiritual life (or maybe dismissing spirituality as religion)? Write without censoring:

Do you tend toward being overwhelmed emotionally, too connected to your physical upsets, having difficulty focusing, or focusing on others and showing little compassion for yourself? Again, write without censoring:

What Rings of Hell do you find yourself immersed in? Maybe there is some other feeling states that you fall into that have not been mentioned. Write down what your experience has been:

What physical reactions do you encounter?

Do you tend to be over-reactive or do you tend to shut down emotionally?

How has your life WITHERED?

Do you find yourself chasing some kind of external energy because you feel so depleted? What comes to mind?
