

Self-Attachment Protocols and Descriptions

Type 1 exercise: Connecting with the Child

Try to imagine the happy childhood photo/avatar and reflect on relevant positive affects, then imagine the unhappy photo and relevant negative affects. Repeat many times until this is easy to do. Try to imagine that the child, as you were, is near you (either in happy or unhappy state), and then imagine that you are embracing/cuddling the child. You can also imagine playing with the child.

Type 2 exercise: Laughing at our two childhood pictures

Begin by laughing at the childhood pictures, then think about why we laugh at these pictures, i.e. laugh at the contrast between them (Incongruity theory), laugh since your self is now superior than in the past (Superiority theory) and laugh because “Life is a tragedy when seen in close-up, but a comedy in long-shot” (Charlie Chaplin). Remember that we do not laugh at them to ridicule. This process will allow us to teach our childhood self to laugh.

Type 3: Falling in love with the child

While looking at the happy childhood photo, recite selected happy love songs and imagine that you are establishing a deep emotional bond with the childhood self. Then sing with a loud voice, gradually using your whole body as if dancing with the child and having a loving dialogue.

Type 4 exercise: Vow to adopt the child as own child

You imaginatively adopt your childhood self as your own child, loudly pledging to consistently support your child in any way possible. The pledge must be life-long and must be reinforced over time through practising Self-Attachment protocols.

Type 5 exercise: Maintaining a loving relationship with the child

Choose a short phrase e.g. “You are my beloved” and repeatedly utter it while focusing on the happy and unhappy childhood photos. Recite one or two happy love songs, loudly repeating these using your whole body.

Type 6 developmental exercises: An exercise to process the painful childhood events

With closed eyes, recall a painful scene from childhood e.g. emotional or physical abuse in as much detail as possible, and associate the face of the child you were with your unhappy photo. After recalling this event and the related emotions, imagine your adult self approaching and embracing the child like a parent embracing a child in distress.

While your eyes are still closed, continue to imagine supporting and cuddling the child, loudly supporting them (Examples: “Why are you hitting my child?” and “My darling, I will not let them hurt you more.”). Massage your face while doing so, which we interpret as cuddling the child.

Type 7 exercise: Protocols for creating zest for life

Using a mirror, imagine the reflection is your childhood self and loudly recite to it your selected happy love songs, using your entire body. Repeat songs and poems in many different circumstances e.g. while walking on the street or doing housework, to be able to integrate them into your life.

Type 8 exercise: Loosening facial and body muscles

You should loosen your muscles at least twice a day as you sing with your animated face and entire body, as if playing, dancing, laughing and having fun with the child as parents interact with children.

Type 9 exercise: Protocols for attachment and love of nature

To create an attachment with nature, you should visit a park or forest and spend time admiring nature, e.g. admiring a beautiful tree, as if seeing its branches and leaves at a deeper level for the first time. Repeat continuously and with different trees until you feel you have formed an attachment with nature. This will help to modulate your emotions and you will want to spend more time with nature each day.

Type 10 exercises: Laughing at, and with one's self

Begin laughing with yourself about a small accomplishment e.g. in sports, housework, or any other task, however small or unimportant. With every small accomplishment, you should smile as if victorious, and gradually change this smile to laughter, and make this laughter last longer and longer. By practising this you will be able to smile and laugh without ridicule about anything you have said or done in the past while maintaining compassion for your childhood self.

Type 11 exercise: Processing current negative emotions

With closed eyes, imagine the unhappy photo and project the unhappy emotions, e.g. anger, sorrow, towards the photo that represents the child. As with Type 6, we make contact with our adult self to attend to and care for the child to support the child and modulate the child's negative emotions.

While projecting these negative emotions, loudly reassure the child and massage your own face, which we interpret as cuddling the child. Continue this until you have contained the negative emotions, at which point you can switch to focusing on the happy photo.

Type 12 exercise: Continuous laughter

At a time when you are alone, open your mouth slightly, loosen your face muscles, form a Duchenne smile and slowly repeat one of the following phrases as if laughing: eh, eh, eh, eh; ah, ah, ah, ah; oh, oh, oh, oh; uh, uh, uh, uh; or ye, ye, ye, ye.

If a subject is needed for laughter, you can think about the silliness of the exercise. This exercise is a good antidote for stress.

Type 13 exercise: Changing our perspective for getting over negative emotions

To break free of powerful negative patterns that emerge when we are stuck in the swamp of negative emotions, or a “psychological abyss”, stare at the black vase in the Gestalt vase picture (below). When your perception changes and you see the white faces, convince yourself that these abysses can be overcome and try to laugh out loud as a victory sign.

Having created a positive powerful pattern of love with the child through previous exercises, you can now depart from the field of negative patterns by singing your happy love song to enter the attractive field of love for the child instead.

This is like changing our interpretation of the above image and instead of seeing a black vase of negative emotions discovering two white faces, you see the child and the adult self who are now looking at each other.

Picture of the Gestalt vase:



Type 14 exercise: Protocols for socializing the child

By repeating protocols 1-13 you can reduce negative emotions and increase positive affects. You are gradually able to perform these exercises with eyes open and can integrate them into your daily life. You should be able to extend compassion for the child to other people. The adult self should become aware of any narcissistic tendencies or anti-social feelings of the child e.g. envy, jealousy, greed, hatred, mistrust, malevolence, controlling behavior and revengefulness.

The adult self can behave like a parent to contain these emotions and discourage acting out any anti-social feelings and attitudes of the child by expressing affection to the child and simulating cuddles by massaging your face.

The adult self should try to direct the child's anger and negative energy towards playing, creativity and development.

As the child's positive affects increase and his/her negative affects decrease, by expressing positive emotions he/she can attract more positive reactions from others, and in turn gain a more positive outlook toward others.

Type 15 exercise: Recognizing and controlling narcissism and the internal persecutor

The adult self becomes aware of the facets of the trauma triangle: internal persecutor, victim, and rescuer. The adult self examines the effects of the triangle (narcissism, lack of creativity) in daily life and previous experiences.

Your adult self can then review an important life experience and your social and political views as an adult, with awareness of how the internal persecutor operates. Your adult self can then create a list of examples from your experiences on how the internal persecutor operates, and carefully analyse these for examples of being drawn to trauma, being traumatized by the internal persecutor, and projecting the internal persecutor. You should be able to then re-evaluate your own experiences, contain the internal persecutor and narcissistic tendencies and be able to develop creativity.

Type 16 exercise: Creating an optimal inner model

With awareness of the internal persecutor, we will recognise emotions of the child that were learned from parents or through interactions with them. With the guidance of the adult self, who can transfer compassion for the child to others, the child will learn to avoid projecting the internal persecutor (which would lead to them becoming the victim or rescuer).

Type 17 exercise: Solving personal crisis

In the midst of a personal crisis, as you continue to practice the protocol for modulating negative affects and the protocol for laughter, ask your child the following:

- How can you see the crisis as a way of becoming stronger? (ha ha ha)
- How can you interpret the crisis as a way of reaching your high goal? (ha ha ha)
- Has the internal persecutor been projecting onto others again?

The adult self asks the following questions:

- What is the similarity between this crisis and those faced before? How is it similar to the family crisis experienced as a child? Aren't the other person's positive attributes greater than his/her negative ones? How would a mature person interpret the crisis in comparison to my child? Can I see it from the perspective of someone else? Can I put myself in their place and understand their affects? Given my new inner working model can I find a way to calm the people involved in the crisis so we can find a better solution for it?
- If not, can I respectfully maintain my distance and end the fight?

Type 18 exercise

(i):

Laughing at the harmless contradiction of deep-rooted beliefs:

“To those human beings who are of any concern to me I wish suffering, desolation, sickness, ill-treatment, indignities—I wish that they should not remain unfamiliar with profound self-contempt, the torture of self-mistrust, the wretchedness of the vanquished: I have no pity for them, because I wish them the only thing that can prove today whether one is worth anything or not—that one endures.”

This is meaningful with, “What doesn’t kill me makes me stronger.” Nietzsche’s wish is funny and a harmless contradiction of our deep-rooted beliefs. As we read the quote above, we remember our past sufferings and begin to laugh out loud when we get to “...I wish suffering...”

Laughing at trauma:

First, visualize a painful event that took place in the distant past that you have struggled with for a long time, and despite its painfulness try to see it has led to some positive impact, lesson, change, or decision. We start with a painful event that happened in the distant past, so that by now we have been able to adjust our negative affects toward it. After repeated daily exercises, once we have experienced the forceful effectiveness of laughing at distant problems, we can gradually begin to laugh at more recent painful memories.

(ii):

Laughing at trauma:

In expectation of hearing a funny joke we loosen our facial muscles, slightly open our mouths, and to grasp the incongruity in the joke we move our eyebrows up as a sign of surprise. As we repeat the sentences out loud, we slowly begin to laugh as we wait for the second part. And once we get to the first sentence of the second part, which is in complete contrast to our beliefs, we laugh out loud.

Not only should you: bear it, accept it, try to deal with it, tolerate its memory, try harder to endure its memory, adapt yourself to its memory, analyze and understand it and by doing so modulate your negative emotions and learn lessons for the future, try to soften your thoughts, depressive emotions, and anxieties, try to ...

Like Nietzsche’s wish consider it a great treasure (ha ha ha...), cherish it with great love (ha ha ha...), welcome its challenges with all your heart (ha ha ha...), consider it a good omen with all your heart (ha ha ha...), consider its challenges a great fortune (ha ha ha...), celebrate its

memory (ha ha ha...), celebrate its memory with great joy (ha ha ha...), consider it a true love (ha ha ha...), consider it a true love with great passion and intimacy (ha ha ha...) ...

After repeated practice of the laughing exercises you can begin to apply it to things that worry you in the present and the future.

Type 19 exercise: Changing ideological frameworks for creativity

We challenge our usual ideological framework to weaken one-sided patterns and encourage spontaneity and examination of topics from multiple perspectives. Practice with subjects that you have deep-rooted beliefs and are excited about e.g. anything from political/social issues to ideas on marriage and sexuality. For instance, examine the topic of racism and consider whether you have any latent racism and consider this subject in the dual role of proponent and opponent.

Repeat with topics where you may have stronger views e.g. marriage and sexual orientation. If you are politically in the center, consider the subject both from a leftist and rightist point of view and try to understand both sides of the issue and see the subject from three perspectives.

Type 20 exercise: Affirmations

Put together a list of affirmations by different important figures. Choose ones that have an impact on you from the start and can provide you with strength in the long path for reaching your ultimate goal. Read them out loud.

A few examples:

- “My formula for greatness in a human being is Amor Fati: that one wants nothing to be other than it is, not in the future, not in the past, not in all eternity.” (Nietzsche)
- “I assess the power of a will by how much resistance, pain, torture it endures and knows how to turn it to its advantage.” (Nietzsche)
- Life is not easy. At times we inevitably suffer from hopelessness and paranoia unless if we have an ideal goal that helps us surpass suffering, weakness, and betrayals.” (Bronstein)