

INTEGRAL EYE MOVEMENT THERAPY

Creating change in the blink of an eye

Patterns of Chronicity and Emotional Chaining



THE 5 PRIMARY PATTERNS OF CHRONICITY

1

Three Stage Abreaction Process

Stage 1. Signal (*Implied Threat of Emotion*)

Stage 2. Increased Amplitude of Signal (*Direct Threat of Emotion*)

Stage 3. Abreaction (*Punishment*)

2

The Great Big, “What if...” Question

Generating counterexamples to any generalisation, using the formula:

Yes, but, what if [A], then [B], which means [C]

3

The Maybe Man Phenomena - A pattern of avoidance.

The Maybe Man is uncertain of his own experience and this leaks out into his language. By remaining uncertain and vague he does not connect and commit to his experience or to his identity.

4

Testing for Existence of The Problem Rather Than Testing for Change

Even though 99% improvement might be made, if the person with chronicity is able to locate just 1% of the problem, this will generally be seen as representative of 100% of the former problem.

5

Being “At Effect” rather than “Being At Cause”

By being “at effect” the person experiences emotional problems happening to them, rather than being something that happens by them. A person “at effect” will seek treatment rather than change.

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