

# From inhibition to empowerment

How to use the FastReset® rapid emotional healing technique to resolve emotional and physical issues

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## Summary

Page 1 - What is inhibition  
- The censorship of consciousness

Page 2 - Inhibition and education - How to identify inhibition

Page 3 - Treatment of inhibition reactions with FastReset® -

Page 4 - The resolution of the disablement - End of inhibition, beginning of empowerment

Inhibition is one of the emotional reactions that frequently hinders our ability to process other emotions and triggers unconscious physical defenses.

In this article, I will offer some helpful information and tips for managing these defensive reactions through the use of FastReset®, a technique for emotional transformation and release that I have developed.



### What is inhibition?

Inhibition is a social emotion, so it can be felt only in the presence of others. It can lead us to "freeze" self-expression, as well as to block an action or an intention to clearly state one's opinions, dissent, or disagreement - all with the goal (more or less conscious) of avoiding conflict or reproach. We imagine that what we are blocking will lead to our being overrun, punished, excluded, rejected, mocked, and so on.

Inhibition configures a *block reaction* so, like bewilderment, it needs to be dealt with first among the primary emotions. Its presence and persistence in a given dysfunctional situation may prevent - or make it very difficult or time-consuming - to transform other secondary emotions related to the event or situation we are working on.

In other words, inhibition not only freezes the body and its responsiveness, but also blocks access to awareness and the ability to dissolve other emotions related to it.



Inhibition is one of the most "physical" reactions, and may occur with a feeling of blockage, obstruction or "freezing", usually felt in the chest, throat, or shoulders, which generally significantly affects the respiratory muscles.

### The censorship of consciousness

Inhibition is also very often censored by consciousness, because it is not always easy, for cultural reasons, to admit to being blocked or stuck at the idea of others' reactions or mere presence.

The cognitive and evolved component of our minds, in fact, usually "knows" that there is no actual danger from a real conflict with the person who activates our inhibition. Nevertheless, the physical sensation of blockage contradicts this mental-cognitive "idea" that it is not necessary to feel inhibited. This leads to instinctive self-protective behavior and stuckness. All this prevents realistic assessment and more appropriate behavior.

We therefore often give ourselves some "good", pseudo-rational reasons for deciding not to expose ourselves, not to intervene, not to let others hear our true voice and will: "I'm not ready, I don't know what to say, I don't want other problems..."

### **Inhibition and education**

Inhibition is currently used in education. A small child may run into many dangers due to inexperience and incompetence. If the child is not yet able to understand why it's necessary to avoid potentially harmful behavior, parents and teachers often resort to intimidation (shouting or glaring, for example) to block him or her and avoid the worst.



If the message is given in situations of crisis or alarm and in a sudden, unexpected, and invasive way, it can be charged with threatening significance. In this case, it can trigger an instinctive neurological and muscular response that may recur automatically in subsequent experiences, though not *really* limiting or inhibiting the subject.

What begins as an attempt to protect children unable to manage themselves can become a veritable injunction to their bodies to block their action or momentum. The danger of not heeding the injunction lies in an obscure, negative result: annihilation, punishment, refusal, expulsion, or derision.

The automatic, self-defensive mechanism, therefore, can override the ability to respond more appropriately to signals from environment. This can perpetuate irrational behaviors, deemed as such even by the subject, or it can impair his/her ability to express in words or gestures what he/she would really like to do.

### **How to identify inhibition**

Fear of public speaking; the inability to expose one's own opinion or disagreement at home or at work; a deep and inexpressible feeling of being powerless, unfit, or "wrong"; eating and digestive disorders; headaches; back pain and injury; and sexual impairments are just some of the common scenarios in which the subject is likely to be involved in a more or less conscious inhibition reaction.

Inhibition is also found in many emotional situations that seem to be unrelated to it: impatience, anger, frustration, a feeling of injustice, sadness, low self-esteem, and many physical symptoms related with anxiety and alarm. Until the subject complains about situations or people who are capable of inhibiting him or her, the standard treatment (with FastReset® or other emotional release techniques) of all emotional reactions related to this condition will not have maximum effectiveness.

Sometimes shoulder, back, head, or limb pain can be related to chronic muscle contractions triggered by inhibiting a self-defensive or oppositional action or movement. The impulse to action still remains in the subconscious and is engaged even when not really needed. Even digestive disorders, typically in the stomach, can arise from unprocessed and unintegrated inhibition.

**Attempts to not bother others or ask for help and having to be perfect or fit others' expectations should lead us to suspect the presence of subconscious inhibition.**

**The impossibility of being oneself and really knowing what one wants, or the constant doubt around really wanting what one is doing, also reveals the existence of a psychological inhibition mechanism.**

Having to first take care of others in order to feel "ok" and finally take care of oneself - if it drains our energy, abilities and happiness - is also typically the result of deep inhibition.

This can also be the case with low self-esteem, self-accusation, self-sabotaging beliefs ("I'll never be able to do this"), and obvious insecurity about one's capabilities and resources.

In other words, it's easier to find those among us who *are* engaged in more or less conscious inhibition reactions than those who are not.



### Treatment of inhibition with FastReset®

The first, and certainly the hardest, thing to do is to identify the subconscious inhibition reaction. We have already seen the typical criteria that point to it. To unearth it, a key question to ask the subject might be: "In front of whom or what do you feel stuck and unable to express yourself, your talents, your actions, or your choices?"

Those who know this technique are also aware that the treatment itself is actually very simple: you start by *focusing attention* on the emotional reaction, searching for the presence of physical sensations, and quantifying their extent.

Then you formulate a sentence for *integration*, which allows the **rational** component of our brains to be fully aware of what the **emotional** component is doing and what is its instinctive, self-protective intent (which is, however, in conflict with the personal intent). Let's look at a concrete example.

Let's say that you want to ask your boss for a special leave for family reasons. You know it's your right, but you're also strangely nervous because in your heart you doubt that he'll be

pleased. You are afraid of his negative reaction - perhaps his anger or denial of the request. In this case, an integration sentence might be: *My inhibition towards my boss wants me to avoid a conflict with him and being opposed and rebuked.*

This should be followed by a *shift of attention*, which is the deliberate, sequential transfer of your focus from the emotion to one of the body areas whose mapping, in the brain, is dominant over other neuronal activations. Typically, to do this we use both hands. Having formulated the integration phrase, you just have to shift *all your attention* on the sensations in your hands for a few seconds.

Once you have done this, you can re-evaluate the intensity of the residual inhibition reaction. If it has not entirely cleared, you can repeat the integration sentence and the attention shift one or more times.

At this point, you can do a new evaluation of the emotion you are treating and (if you'd like) a release sentence, usually formulated like this: *I let go from my inhibition towards my boss everything that I no longer need and care about and that no longer belongs to me.* After this, it is helpful to do another attention shift for a few seconds.

The treatment of a single item can take less than a minute. Afterward, you need to evaluate the presence of any additional reactions.

Although most of the time you can eliminate inhibition with a single round of FastReset, we can also expect some additional reactions to emerge: anger, irritation, blame, or judgment against the boss. In this case, it's best to continue treating the new emotions that have surfaced, choosing the most suitable integration statement.

### The resolution of inhibition

The resolution of inhibition never leads to an increase in aggression, but rather it improves

one's determination and ability to objectively assess the absence of valid reasons to inhibit one's will.

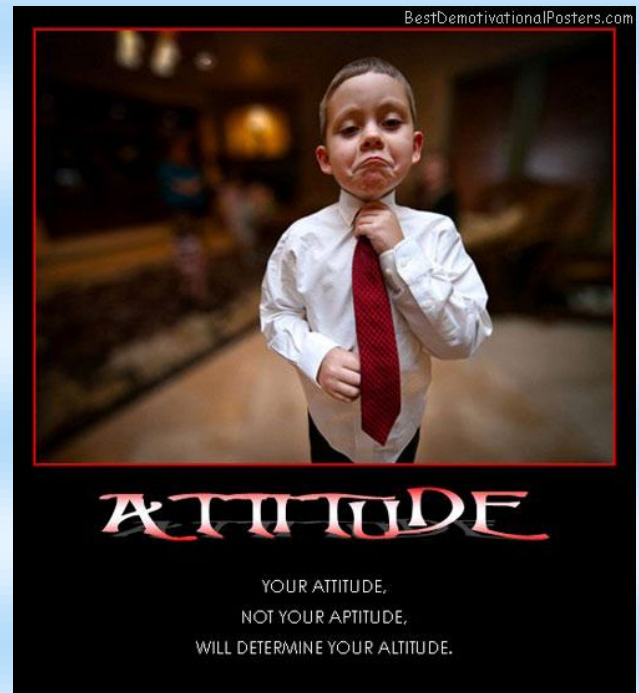
In most cases, having acquired a different, spontaneous, and upgraded understanding of the situation, the subject can adopt a new behavior. This can provide the subject and his/her social environment with new benefits and balance, without his/her having to try or "practice" too hard or tap into other negative feelings.

If the latter should appear (sometimes there can be residual anger towards the people or environment that were experienced as limiting), you will want to treat them as well for a full resolution of the issue.

### **The end of inhibition, the beginning of empowerment**

It often happens that the spontaneous, new vision of oneself enables the subject to take on verbal and (most importantly) nonverbal behaviors and attitudes totally consistent with it. The subject's spontaneously assumed posture, tone of voice, and gestures confirm to those who previously evoked the inhibition that the subordination and acquiescence are over. And all this quite naturally, without having to force the change.

Thus, without activating openly aggressive behavior or attitudes, the subject can firmly and calmly be clear and non-ambiguous toward others. Through their own *mirror neurons*, others may simultaneously register this "personality" change and respond accordingly, usually without even being aware of the change in their own attitude. In other words, it will feel quite natural them to interact with the subject in a way that is consistent with how he/she is now showing up.



I often recommend to those who begin to use FastReset for treating themselves or others to spend a little time looking for situations or people that are most capable of activating an inhibition response.

This exercise can be a great tool for recovering self-esteem and the ability to assert one's vision and opinions without fear. Moreover, it makes people generally more comfortable, confident and self-assured and provides the basis for a new self-awareness and a new measure of self-expression.

