

**Emotion Regulation:** Are you communicating too little? Or communicating too much? And how?

If you were given contradictory messages as a child, you may now experience becoming stuck in your emotions. That is to say, you are somewhat ineffective and experiencing confusion! Do you recognise the feeling "I have little impact"? or "See, whatever I do ... ..". In that case, it could be that the person who provided security could also have been unpredictable. Or you perceived danger through your own high sensitivity. This may have caused your body to get stuck in fear. You were not allowed to learn to express emotion. There was no safe place where you could feel safe and relax and be your genuine self.

Let me then analyse your script and then explore how your emotions are; I can help you to allow, tolerate and express your emotions. In addition, I can help you regulate your emotions and, if there is an underlying trauma, process it. For example, you may never have learned a vocabulary for anger: "No, I'm not angry."

We often prefer not to admit that we are angry. Or, more importantly, we don't see anger as a very healthy emotion to express. Every emotion, especially anger, is important for standing up for yourself. Anger sets a boundary or tells us that we are being wronged. Anger always helps us to experience what our limits actually are and to indicate them. And it is also the energy we need to clear pathways to follow our calling. It provides an opportunity for improvement in circumstances. Unexpressed anger eventually leads to forms of depression or aggression, however subtle.

It's a paradox: people are often afraid to express their anger because they fear hurting others or damaging the relationship. Actually the anger is obviously present for everyone, not verbalising it (respectfully) is precisely why others feel unsafe..

## REDECISION THERAPY:

There is no theoretical way out of anger. Anger wants to be expressed. Learning and practicing that in connection with a loving and present other is fulfilling. Emotion-oriented therapy requires empathy, acceptance and authenticity as a basis. We start from your experience, you are the expert upon yourself. Then I apply body-oriented techniques to improve the contact with and the regulation of the experience so that thoughts and behavior change. With the help of TA, we go to your Child to make a decision.

The goal is not only to promote the awareness, acceptance, expression and regulation of emotions, but also transformation of emotions, so that lasting personality change can be achieved.

Redecision Therapy is a school of thought within TA. It is a quick effective way to bring about change in communication and relationships.

WHAT DO YOU WANT TO CHANGE TODAY? In Just ONE session?

Re-decision is a dynamic therapy that helps client's separate reality from myth about self and others. The power of the client to take personal responsibility to change is emphasised. Within a nurturing, protective environment clients are invited to co-create a change contract that vindicates their autonomy while focusing on strengths. The therapist observes as clients recall and decide the beliefs, emotions, and behaviors they want to change. Interventions, based on the change goals of the client, are offered and coached by the therapist. Once the Re-decision is made, clients can then practice this change in day to day interactions.

