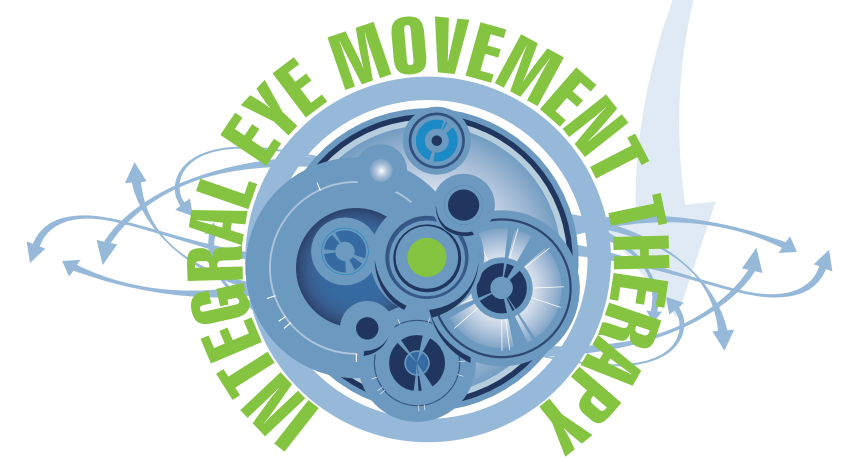


# INTEGRAL EYE MOVEMENT THERAPY

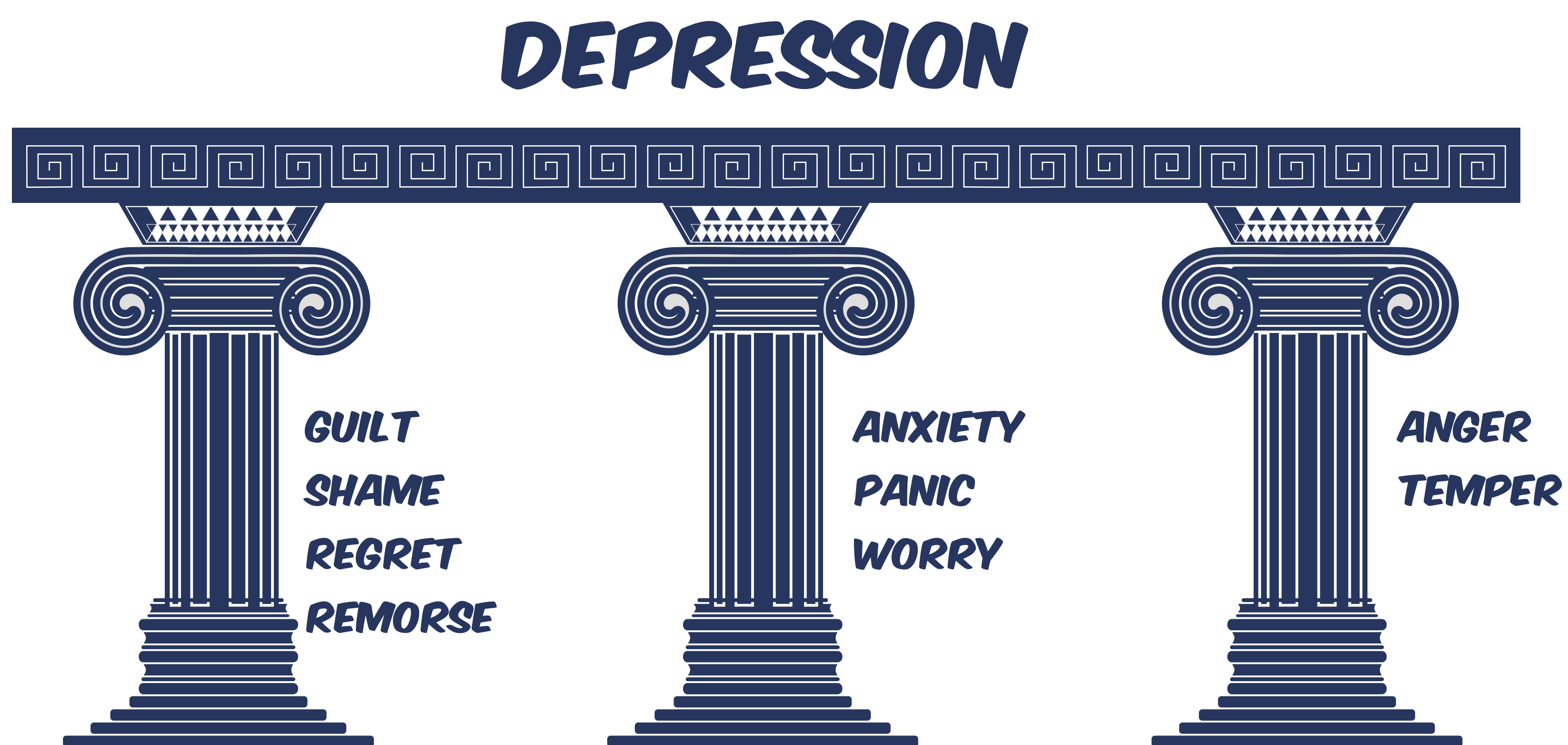
*Creating change in the blink of an eye*

Patterns of Chronicity and Emotional Chaining



## THE 3 PILLARS OF DEPRESSION

Principle: Anxiety is not an emotion. It is an over-arousal of the autonomic nervous system caused by underlying emotions. When these underlying emotions are resolved, the over-arousal of the autonomic nervous system reduces and anxiety is greatly alleviated. These emotions will often follow a common pattern. This pattern is as follows:



Feedback - once calm again, the person feels guilty for how they felt and the cycle begins again.

**An example:** A person may be prone to guilt and worries about offending other people or letting them down, so they go about their day anxious not to let other people down. But not all other people will behave the right way, thus our hero finds himself exposed to anxiety provoking situations.

After a while his tolerance wears thin and after suffering stress this causes, he eventually experiences an angry outburst. In this situation, the anxiety is a pillar that is propped up on one side by guilt, and it is propped up on the other side by anger. By dealing with the guilt and its related emotions, and by dealing with anger and its related emotions, the anxiety often decreases.

## INTEGRAL EYE MOVEMENT THERAPY

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Designed and Developed by Andrew T. Austin (c) 2014

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