



***What Difference Can “small interruptions”
Make
In Your Brain and/or in Your Family***

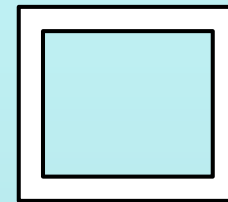
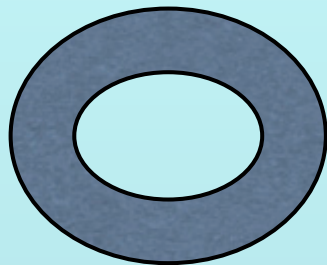
***2018 NeurOptimal Conference:
Transforming Lives
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The family is an ancient system that distributes anxiety automatically and unfairly to the weak.

Under stress we are vulnerable to losing the “I” position and becoming anxious and “other focused.”

Relationships become reactive and highly patterned.
YOU SHOULD, MUST and WILL do or be....



The emergence of a leader occurs in all social species and the leader enables the social group to manage stress by managing relationships.



The aware leader interrupts disorganized patterns of behavior

- 1) We have inherited 4 mechanisms which automatically manage the multigenerational anxiety.
- 2) Distance, conflict, giving in or reciprocity and projection.
- 3) By interrupting brain wave patterns, NeuroOptimal enables individuals to be less automatic in relationships.

Neuroptimal produces greater relationships awareness

Increases the ability to observe and be emotionally separate from the automatic pressure from those we care about in the “family system.”

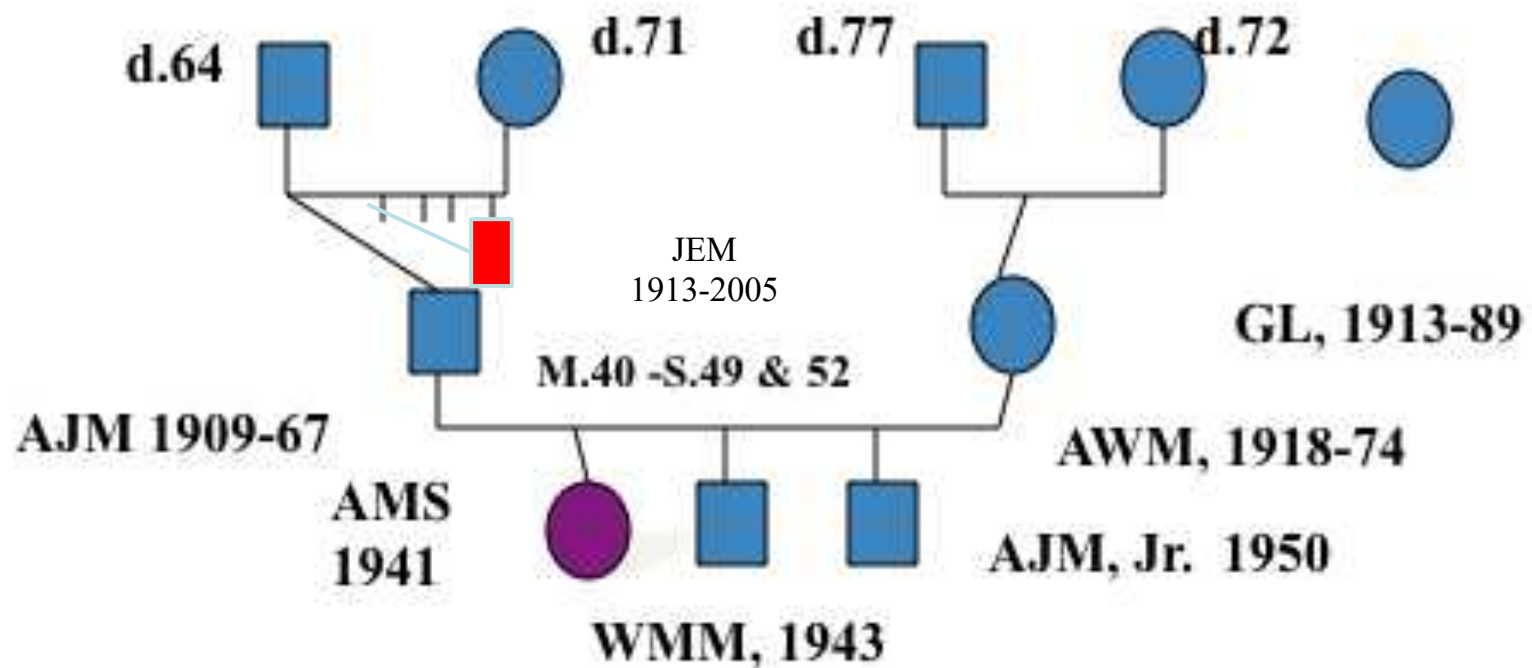
Increases integration of thinking and feeling, clarifying under or over involvement.

Changes are then reported as just “O by the way..”

Family Emotional Process and the use of the 4 Mechanism to bind anxiety.

Family as a Unit – Anxiety through the Generations

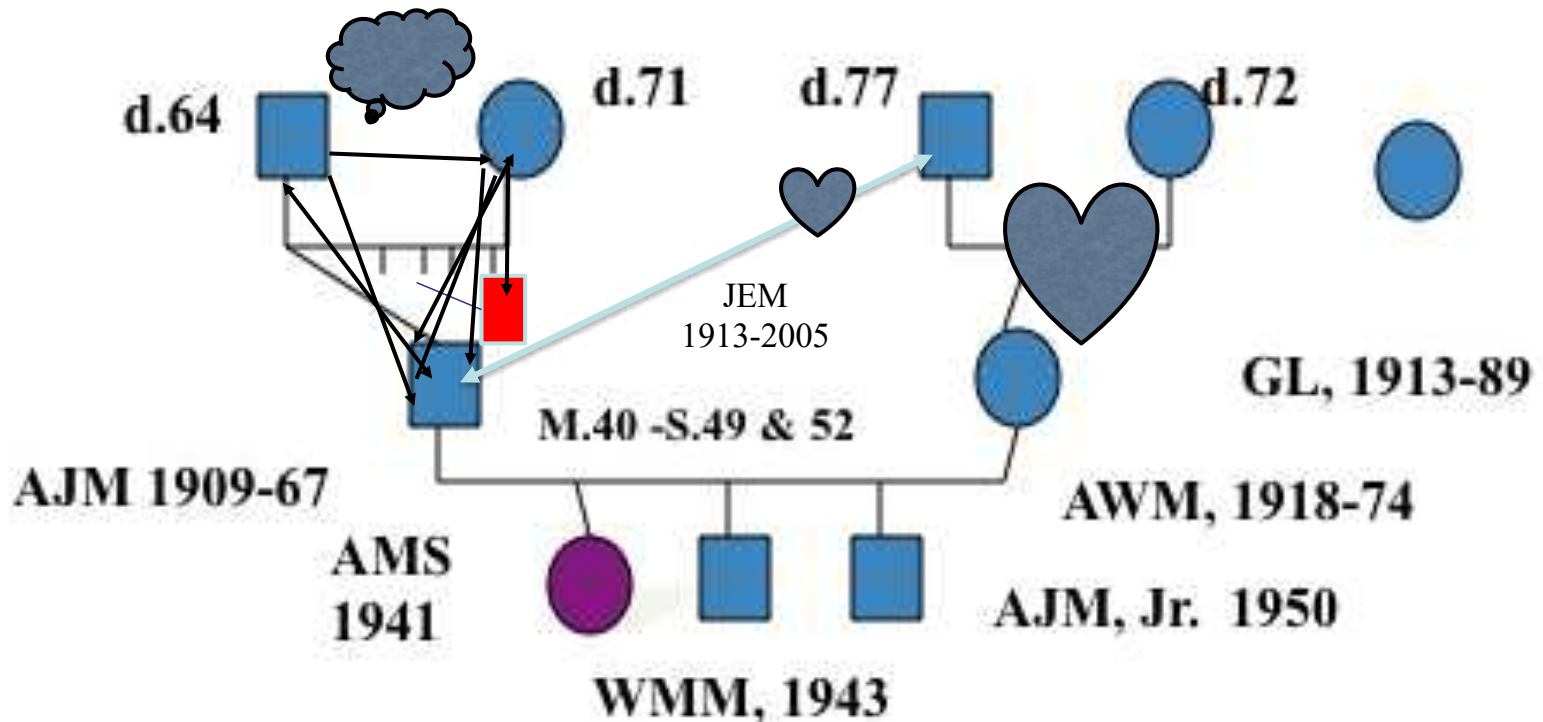
The Maloney- Maher Family



Multigenerational Family Projection Process

Family as a Unit – Anxiety through the
Generations

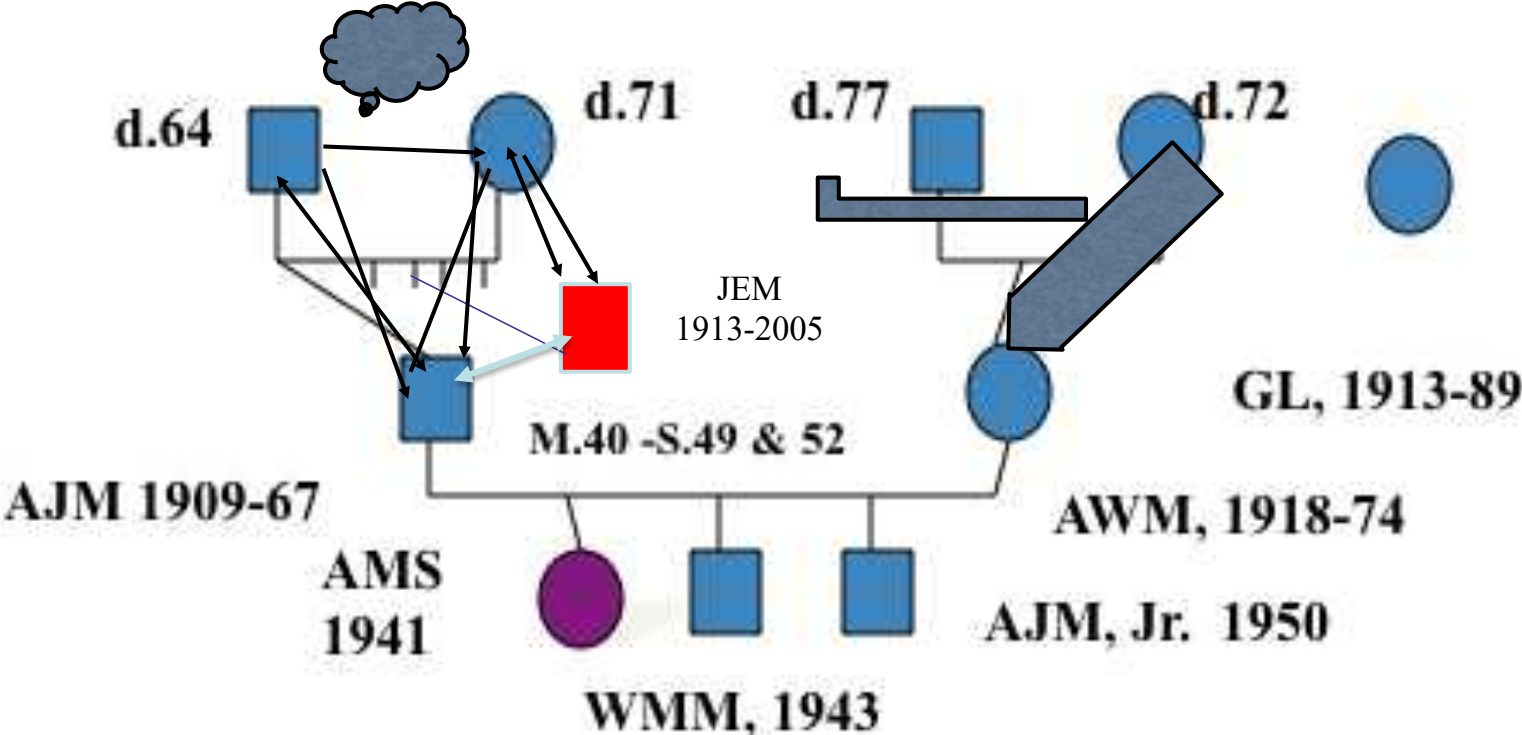
The Maloney- Maher Family



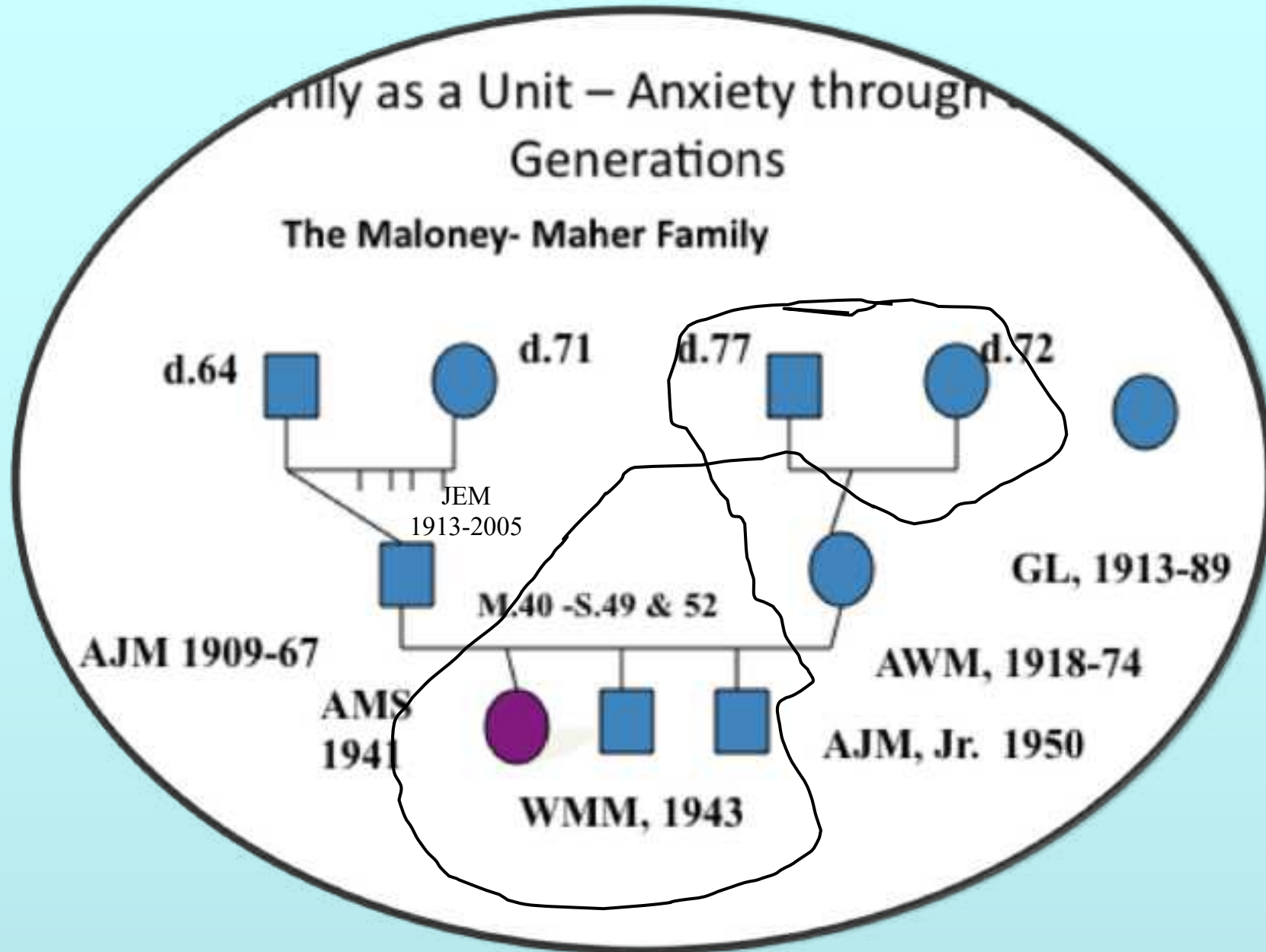
Distance, Conflict and Reciprocity

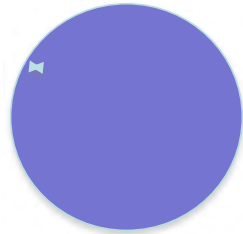
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The Emotional Cut Off as Part of the Shock Wave

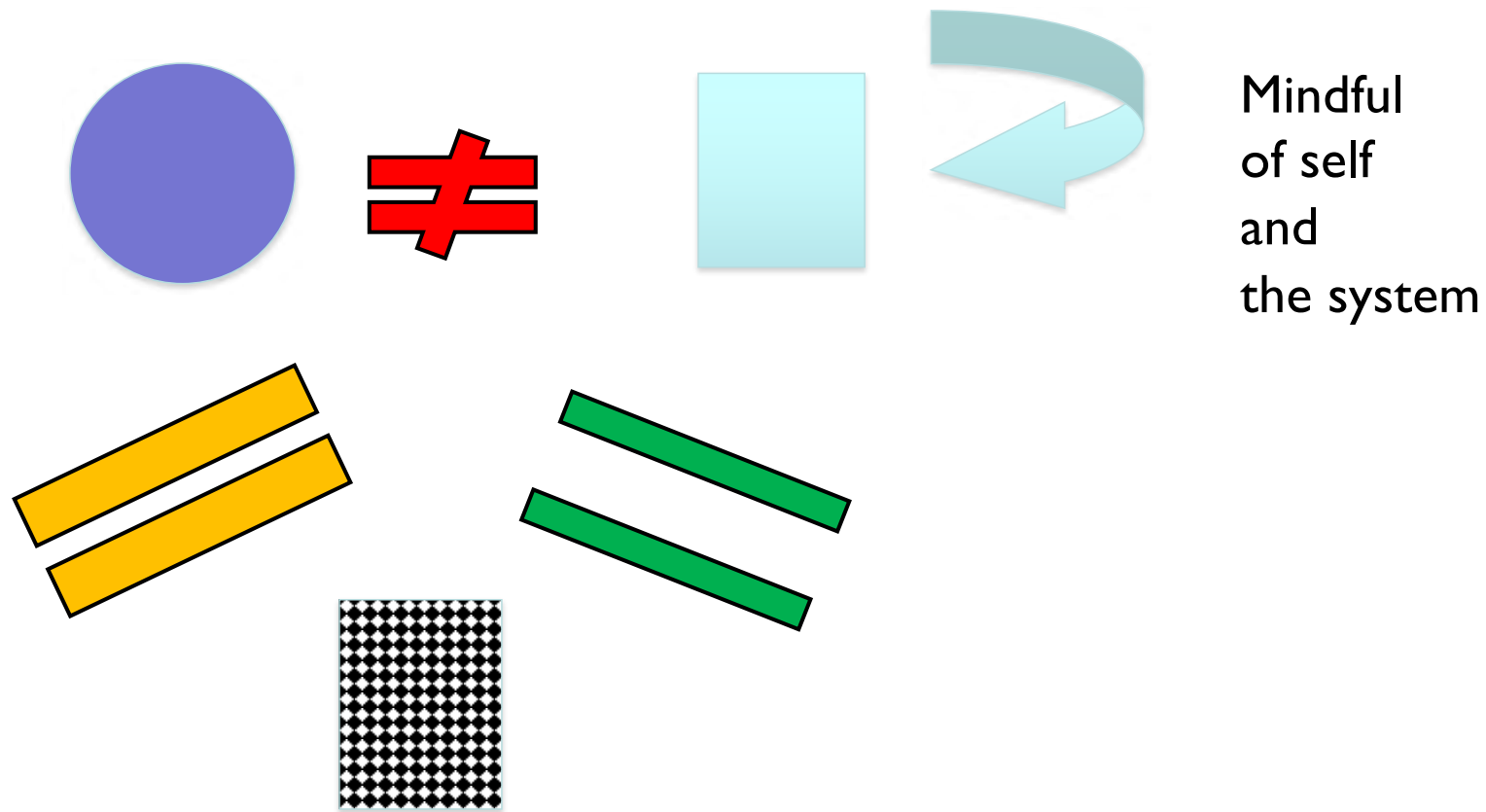




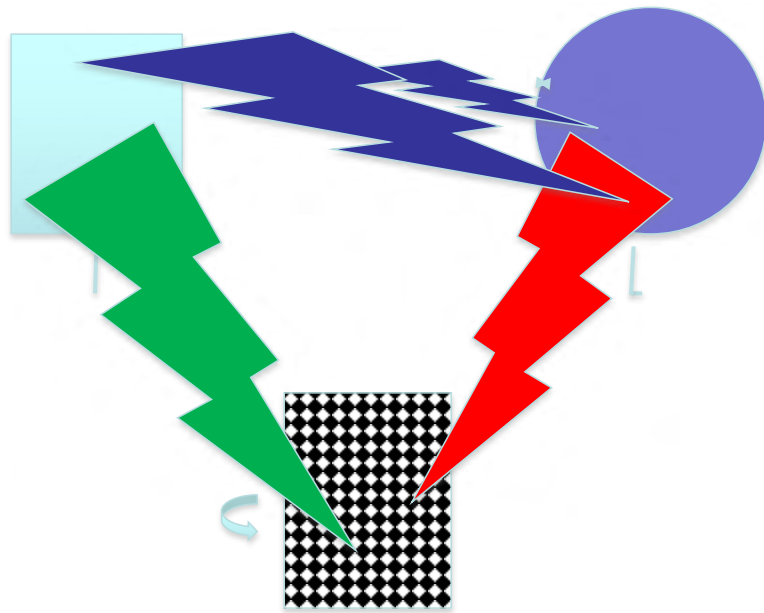
Fusion or con-fusion

Two people get close and one begins to lose self, or the ability to live by self defined principles.

Whose brain is in my head?



- (1) Emotional distance goes from mild to total cut off.
- (2) Can you move towards relationships, can you interrupt with questions or tell stories?
- (3) Or are you paralyzed?



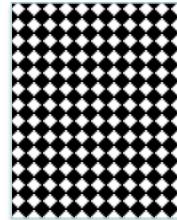
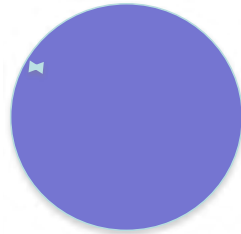
- 1) Conflict also varies in intensity and is an automatic reaction to differences.
- 2) If one person has the courage to step out of the dance the others can get angry or just be confused.



**Reciprocal
relationships:**

**One give in
And the other wins.**

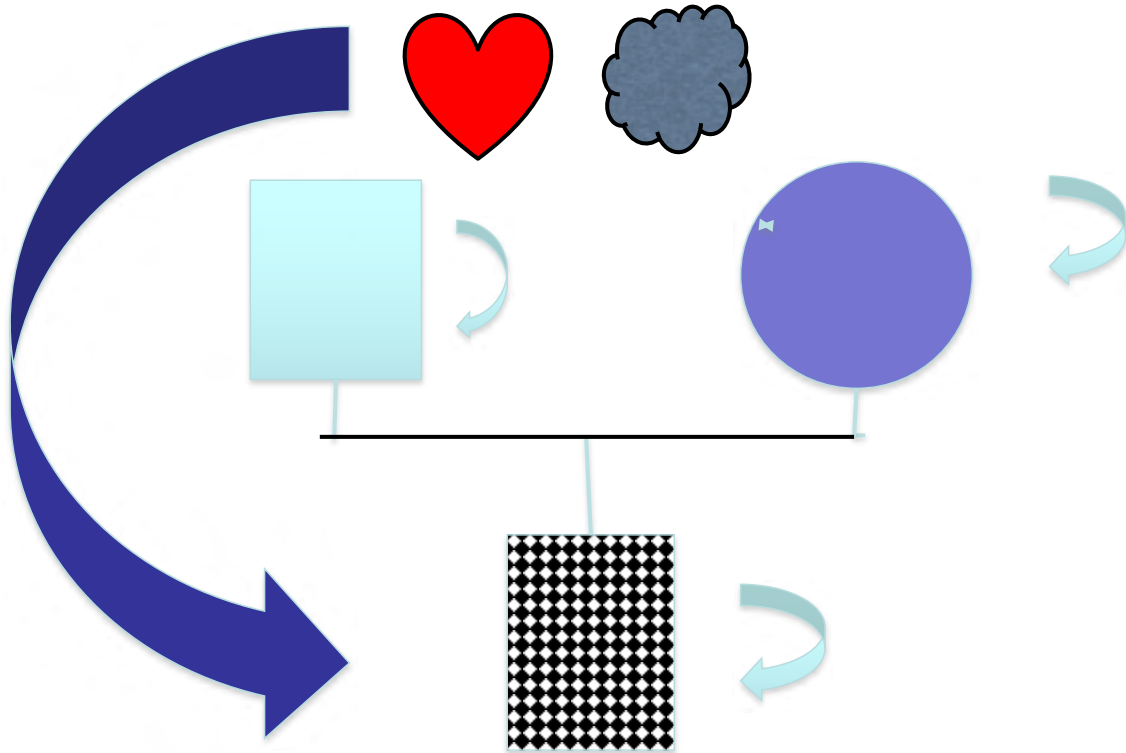
***You can pin your
spouse into the one up
or the one down.***



Family Projection:
“I am worried
about

you.... You
need to, you must
or should grow
up, you must be
the way **I need**
you to be.”

***Now what are
you going to
do?***



**The Family
unit
influences
individual
behavior**

- 1) By observing the state of the system.
- 2) One can **learn** to **tolerate** being more **separate**.
- 3) Needing less love and approval gives one **freedom**.
- 4) **Interrupting** conversations can **enable** integration of thinking and feeling over time.

Separating a self from the social group, differentiation of self, demonstrate that individuals can be more separate from the “control” of the family system.

